

# **PHASE 1**

## **BASE HYPERSTROPHY**

### **(MODERATE VOLUME, MODERATE INTENSITY)**

| WEEK 1  | EXERCISE                             | WARM-UP SETS | WORKING SETS | REPS  | LOAD | RPE  | REST     | SUBSTITUTION OPTION 1    | SUBSTITUTION OPTION 2                 | NOTES  |
|---------|--------------------------------------|--------------|--------------|-------|------|------|----------|--------------------------|---------------------------------------|--|
| LEGS #1 | <u>Squat</u>                         | 3-4          | 1            | 2-4   |      | 8-9  | ~3-4 min | <u>Hack Squat</u>        | <u>DB Bulgarian Split Squat</u>       | Sit back and down, keep your upper back tight to the bar.  |
|         | <u>Pause Squat (Back off)</u>        | 0            | 2            | 5     |      | 8-9  | ~3-4 min | <u>Pause Hack Squat</u>  | <u>Pause DB Bulgarian Split Squat</u> | Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar. |
|         | <u>Barbell RDL</u>                   | 2            | 3            | 8-10  |      | 8-9  | ~2-3 min | <u>DB RDL</u>            | <u>45° Hyperextension</u>             | Maintain a neutral lower back, set your hips back, don't allow your spine to round.                                  |
|         | <u>Walking Lunge</u>                 | 1            | 2            | 10    |      | 8-9  | ~2-3 min | <u>DB Step-Up</u>        | <u>Goblet Squat</u>                   | Take medium strides, minimize the amount you push off your rear leg.   |
|         | <u>Seated Leg Curl</u>               | 1            | 3            | 10-12 |      | 9-10 | ~1-2 min | <u>Lying Leg Curl</u>    | <u>Nordic Ham Curl</u>                | Focus on squeezing your hamstrings to move the weight.   |
|         | <u>Leg Press Toe Press</u>           | 1            | 4            | 10-12 |      | 9-10 | ~1-2 min | <u>Seated Calf Raise</u> | <u>Standing Calf Raise</u>            | Press all the way up to your toes, stretch your calves at the bottom, don't bounce.                                  |
|         | <u>Decline Plate-Weighted Crunch</u> | 1            | 3            | 10-12 |      | 9-10 | ~1-2 min | <u>Cable Crunch</u>      | <u>Machine Crunch</u>                 | Hold a plate or DB to your chest and crunch hard.  |

| WEEK 1  | EXERCISE   | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE  | REST     | SUBSTITUTION OPTION 1                 | SUBSTITUTION OPTION 2                     | NOTES   |
|---------|--|--------------|--------------|----------|------|------|----------|---------------------------------------|---|---|
| PUSH #1 | Bench Press  | 3-4          | 1            | 3-5      |      | 8-9  | ~3-4 min | <u>DB Bench Press</u>                 | <u>Machine Chest Press</u>                | Set up a comfortable arch, quick pause on the chest and explode up on each rep.   |
|         | Larsen Press   | 0            | 2            | 10       |      | 8-9  | ~3-4 min | <u>DB Bench Press (No Leg Drive)</u>  | <u>Machine Chest Press (No Leg Drive)</u> | Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.   |
|         | Standing Dumbbell Arnold Press   | 2            | 3            | 8-10     |      | 8-9  | ~2-3 min | <u>Seated DB Shoulder Press</u>       | <u>Machine Shoulder Press</u>             | Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.          |
|         | A1. Press-Around   | 1            | 2            | 12-15    |      | 9-10 | 0 min    | <u>DB Flye</u>                        | <u>Deficit Push Up</u>                    | Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.  |
|         | A2. Pec Static Stretch 30s   | 0            | 2            | 30s HOLD |      | N/A  | 0 min    | N/A                                   | N/A                                       | Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.  |
|         | Cross-Body Cable Y-Raise (Side Delt)                                     | 1            | 3            | 12-15    |      | 9-10 | ~1-2 min | <u>DB Lateral Raise</u>               | <u>Machine Lateral Raise</u>              | Think about swinging the cable out and up as if "drawing a sword" from your side.   |
|         | Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension | 1            | 3            | 8 + 8    |      | 9-10 | ~1-2 min | <u>Triceps Pressdown (12-15 reps)</u> | <u>DB Skull Crusher (12-15 reps)</u>      | Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").     |
|         | N1-Style Cross-Body Triceps Extension                                    | 0            | 2            | 10-12    |      | 10   | ~1-2 min | <u>Single-Arm Tricep Pressdown</u>    | <u>Single-Arm Cable Tricep Kickback</u>   | Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso. |

| WEEK 1  | EXERCISE                                     | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE       | REST     | SUBSTITUTION OPTION 1                 | SUBSTITUTION OPTION 2            | NOTES   |
|---------|--|--------------|--------------|----------|------|-----------|----------|---------------------------------------|----------------------------------|---|
| PULL #1 | <u>Lat Pulldown (Feeder Sets)</u>            | 0            | 4            | 10       |      | See Notes | ~2-3 min | <u>Machine Pulldown</u>               | <u>Pull-Up</u>                   | Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set. |
|         | <u>Lat Pulldown (Failure Set)</u>            | 0            | 1            | 10+5     |      | 10        | ~2-3 min | <u>Machine Pulldown</u>               | <u>Pull-Up</u>                   | After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.  |
|         | <u>Omni-Grip Machine Chest-Supported Row</u> | 2            | 3            | 10-12    |      | 8-9       | ~2-3 min | <u>Incline Chest-Supported DB Row</u> | <u>Cable Seated Row</u>          | Use 3 different grips for the 3 working sets (ideally going from wider to closer).  |
|         | <u>A1. Bottom-Half DB Lat Pullover</u>       | 1            | 2            | 10-12    |      | 9-10      | 0 min    | <u>Cable Lat Pullover</u>             | <u>1-Arm Lat Pull-In</u>         | Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).   |
|         | <u>A2. Lat Static Stretch 30s</u>            | 0            | 2            | 30s HOLD |      | N/A       | 0 min    | N/A                                   | N/A                              | Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.  |
|         | <u>Omni-Direction Face Pull</u>              | 1            | 3            | 12-15    |      | 9-10      | ~1-2 min | <u>Reverse Cable Flye</u>             | <u>Bent-Over Reverse DB Flye</u> | 1st set: low-to-high<br>2nd set: mid-range<br>3rd set: high-to-low  |
|         | <u>EZ-Bar Curl</u>                           | 1            | 3            | 6-8      |      | 9-10      | ~1-2 min | <u>DB Curl</u>                        | <u>Cable Curl</u>                | Focus on contracting your biceps, minimize torso momentum.  |
|         | <u>Bottom-Half Preacher Curl</u>             | 0            | 2            | 10-12    |      | 10        | ~1-2 min | <u>Bottom-Half Spider Curl</u>        | <u>Bottom-Half Bayesian Curl</u> | Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).   |

MANDATORY 1-2 REST DAYS

| WEEK 1                         | EXERCISE                                | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE | REST     | SUBSTITUTION OPTION 1              | SUBSTITUTION OPTION 2            | NOTES  |
|--------------------------------|---|--------------|--------------|----------|------|-----|----------|------------------------------------|----------------------------------|--|
| FULL BODY #1                   | <u>Deadlift</u>                         | 3-4          | 1            | 5        |      | 8-9 | ~3-5 min | <u>Trap Bar Deadlift</u>           | <u>Barbell Hip Thrust</u>        | Brace your lats, chest tall, pull the slack out of the bar before lifting.   |
|                                | <u>Stiff-Leg Deadlift</u>               | 0            | 2            | 8        |      | 8-9 | ~3-4 min | <u>Barbell RDL</u>                 | <u>DB RDL</u>                    | Think about doing a high-hip conventional deadlift with a slight bend in the knees.  |
|                                | <u>Close-Grip Barbell Incline Press</u> | 2-3          | 3            | 8, 5, 12 |      | 8-9 | ~3-4 min | <u>Close-Grip DB Incline Press</u> | <u>Close-Grip Machine Press</u>  | Use ~45° incline and a grip width just outside shoulder width.   |
|                                | <u>Chin-Up</u>                          | 2            | 2            | 8-10     |      | 8-9 | ~2-3 min | <u>Underhand Lat Pulldown</u>      | <u>Pull-Up</u>                   | Underhand grip, pull your chest to the bar, add weight if needed to hit RPE.   |
|                                | <u>Leg Press</u>                        | 2-3          | 3            | 10-12    |      | 8-9 | ~2-3 min | <u>Goblet Squat</u>                | <u>Walking Lunge</u>             | Medium width feet placement on the platform, don't allow your lower back to round.   |
|                                | <u>Kroc Row</u>                         | 2            | 2            | 10-12    |      | 8-9 | ~2-3 min | <u>Single-Arm DB Row</u>           | <u>Meadows Row</u>               | Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting. |
|                                | <u>Diamond Pushup</u>                   | 0            | 1            | AMRAP    |      | 10  | 0 min    | <u>Close-Grip Push Up</u>          | <u>Kneeling Modified Push Up</u> | Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.                                  |
| <b>MANDATORY 1-2 REST DAYS</b> |   |              |              |          |      |     |          |                                    |                                  |  |

| WEEK 2  | EXERCISE                             | WARM-UP SETS | WORKING SETS | REPS  | LOAD | RPE  | REST     | SUBSTITUTION OPTION 1    | SUBSTITUTION OPTION 2                 | NOTES  |
|---------|--------------------------------------|--------------|--------------|-------|------|------|----------|--------------------------|---------------------------------------|--|
| LEGS #1 | <u>Squat</u>                         | 3-4          | 1            | 3-5   |      | 8-9  | ~3-4 min | <u>Hack Squat</u>        | <u>DB Bulgarian Split Squat</u>       | Sit back and down, keep your upper back tight to the bar.  |
|         | <u>Pause Squat (Back off)</u>        | 0            | 2            | 5     |      | 8-9  | ~3-4 min | <u>Pause Hack Squat</u>  | <u>Pause DB Bulgarian Split Squat</u> | Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar. |
|         | <u>Barbell RDL</u>                   | 2            | 3            | 8-10  |      | 8-9  | ~2-3 min | <u>DB RDL</u>            | <u>45° Hyperextension</u>             | Maintain a neutral lower back, set your hips back, don't allow your spine to round.                                  |
|         | <u>Walking Lunge</u>                 | 1            | 2            | 10    |      | 8-9  | ~2-3 min | <u>DB Step-Up</u>        | <u>Goblet Squat</u>                   | Take medium strides, minimize the amount you push off your rear leg.   |
|         | <u>Seated Leg Curl</u>               | 1            | 3            | 10-12 |      | 9-10 | ~1-2 min | <u>Lying Leg Curl</u>    | <u>Nordic Ham Curl</u>                | Focus on squeezing your hamstrings to move the weight.   |
|         | <u>Leg Press Toe Press</u>           | 1            | 4            | 10-12 |      | 9-10 | ~1-2 min | <u>Seated Calf Raise</u> | <u>Standing Calf Raise</u>            | Press all the way up to your toes, stretch your calves at the bottom, don't bounce.                                  |
|         | <u>Decline Plate-Weighted Crunch</u> | 1            | 3            | 10-12 |      | 9-10 | ~1-2 min | <u>Cable Crunch</u>      | <u>Machine Crunch</u>                 | Hold a plate or DB to your chest and crunch hard.  |

| WEEK 2  | EXERCISE   | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE  | REST     | SUBSTITUTION OPTION 1                 | SUBSTITUTION OPTION 2                     | NOTES   |
|---------|--|--------------|--------------|----------|------|------|----------|---------------------------------------|---|---|
| PUSH #1 | Bench Press  | 3-4          | 1            | 3-5      |      | 8-9  | ~3-4 min | <u>DB Bench Press</u>                 | <u>Machine Chest Press</u>                | Set up a comfortable arch, quick pause on the chest and explode up on each rep.   |
|         | Larsen Press   | 0            | 2            | 10       |      | 8-9  | ~3-4 min | <u>DB Bench Press (No Leg Drive)</u>  | <u>Machine Chest Press (No Leg Drive)</u> | Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.   |
|         | Standing Dumbbell Arnold Press   | 2            | 3            | 8-10     |      | 8-9  | ~2-3 min | <u>Seated DB Shoulder Press</u>       | <u>Machine Shoulder Press</u>             | Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.          |
|         | A1. Press-Around   | 1            | 2            | 12-15    |      | 9-10 | 0 min    | <u>DB Flye</u>                        | <u>Deficit Push Up</u>                    | Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.  |
|         | A2. Pec Static Stretch 30s   | 0            | 2            | 30s HOLD |      | N/A  | 0 min    | N/A                                   | N/A                                       | Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.  |
|         | Cross-Body Cable Y-Raise (Side Delt)                                     | 1            | 3            | 12-15    |      | 9-10 | ~1-2 min | <u>DB Lateral Raise</u>               | <u>Machine Lateral Raise</u>              | Think about swinging the cable out and up as if "drawing a sword" from your side.   |
|         | Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension | 1            | 3            | 8 + 8    |      | 9-10 | ~1-2 min | <u>Triceps Pressdown (12-15 reps)</u> | <u>DB Skull Crusher (12-15 reps)</u>      | Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").     |
|         | N1-Style Cross-Body Triceps Extension                                    | 0            | 2            | 10-12    |      | 10   | ~1-2 min | <u>Single-Arm Tricep Pressdown</u>    | <u>Single-Arm Cable Tricep Kickback</u>   | Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso. |

| WEEK 2  | EXERCISE                                     | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE       | REST     | SUBSTITUTION OPTION 1                 | SUBSTITUTION OPTION 2            | NOTES   |
|---------|--|--------------|--------------|----------|------|-----------|----------|---------------------------------------|----------------------------------|---|
| PULL #1 | <u>Lat Pulldown (Feeder Sets)</u>            | 0            | 4            | 10       |      | See Notes | ~2-3 min | <u>Machine Pulldown</u>               | <u>Pull-Up</u>                   | Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set. |
|         | <u>Lat Pulldown (Failure Set)</u>            | 0            | 1            | 10+5     |      | 10        | ~2-3 min | <u>Machine Pulldown</u>               | <u>Pull-Up</u>                   | After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.  |
|         | <u>Omni-Grip Machine Chest-Supported Row</u> | 2            | 3            | 10-12    |      | 8-9       | ~2-3 min | <u>Incline Chest-Supported DB Row</u> | <u>Cable Seated Row</u>          | Use 3 different grips for the 3 working sets (ideally going from wider to closer).  |
|         | <u>A1. Bottom-Half DB Lat Pullover</u>       | 1            | 2            | 10-12    |      | 9-10      | 0 min    | <u>Cable Lat Pullover</u>             | <u>1-Arm Lat Pull-In</u>         | Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).   |
|         | <u>A2. Lat Static Stretch 30s</u>            | 0            | 2            | 30s HOLD |      | N/A       | 0 min    | N/A                                   | N/A                              | Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.  |
|         | <u>Omni-Direction Face Pull</u>              | 1            | 3            | 12-15    |      | 9-10      | ~1-2 min | <u>Reverse Cable Flye</u>             | <u>Bent-Over Reverse DB Flye</u> | 1st set: low-to-high<br>2nd set: mid-range<br>3rd set: high-to-low  |
|         | <u>EZ-Bar Curl</u>                           | 1            | 3            | 6-8      |      | 9-10      | ~1-2 min | <u>DB Curl</u>                        | <u>Cable Curl</u>                | Focus on contracting your biceps, minimize torso momentum.  |
|         | <u>Bottom-Half Preacher Curl</u>             | 0            | 2            | 10-12    |      | 10        | ~1-2 min | <u>Bottom-Half Spider Curl</u>        | <u>Bottom-Half Bayesian Curl</u> | Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).   |

MANDATORY 1-2 REST DAYS

| WEEK 2                         | EXERCISE                                | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE | REST     | SUBSTITUTION OPTION 1              | SUBSTITUTION OPTION 2            | NOTES  |
|--------------------------------|---|--------------|--------------|----------|------|-----|----------|------------------------------------|----------------------------------|--|
| FULL BODY #1                   | <u>Deadlift</u>                         | 3-4          | 1            | 4        |      | 8-9 | ~3-5 min | <u>Trap Bar Deadlift</u>           | <u>Barbell Hip Thrust</u>        | Brace your lats, chest tall, pull the slack out of the bar before lifting.   |
|                                | <u>Stiff-Leg Deadlift</u>               | 0            | 2            | 8        |      | 8-9 | ~3-4 min | <u>Barbell RDL</u>                 | <u>DB RDL</u>                    | Think about doing a high-hip conventional deadlift with a slight bend in the knees.  |
|                                | <u>Close-Grip Barbell Incline Press</u> | 2-3          | 3            | 8, 5, 12 |      | 8-9 | ~3-4 min | <u>Close-Grip DB Incline Press</u> | <u>Close-Grip Machine Press</u>  | Use ~45° incline and a grip width just outside shoulder width.   |
|                                | <u>Chin-Up</u>                          | 2            | 2            | 8-10     |      | 8-9 | ~2-3 min | <u>Underhand Lat Pulldown</u>      | <u>Pull-Up</u>                   | Underhand grip, pull your chest to the bar, add weight if needed to hit RPE.   |
|                                | <u>Leg Press</u>                        | 2-3          | 3            | 10-12    |      | 8-9 | ~2-3 min | <u>Goblet Squat</u>                | <u>Walking Lunge</u>             | Medium width feet placement on the platform, don't allow your lower back to round.   |
|                                | <u>Kroc Row</u>                         | 2            | 2            | 10-12    |      | 8-9 | ~2-3 min | <u>Single-Arm DB Row</u>           | <u>Meadows Row</u>               | Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting. |
|                                | <u>Diamond Pushup</u>                   | 0            | 1            | AMRAP    |      | 10  | 0 min    | <u>Close-Grip Push Up</u>          | <u>Kneeling Modified Push Up</u> | Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.                                  |
| <b>MANDATORY 1-2 REST DAYS</b> |   |              |              |          |      |     |          |                                    |                                  |  |

| WEEK 3  | EXERCISE                             | WARM-UP SETS | WORKING SETS | REPS  | LOAD | RPE  | REST     | SUBSTITUTION OPTION 1    | SUBSTITUTION OPTION 2                 | NOTES  |
|---------|--------------------------------------|--------------|--------------|-------|------|------|----------|--------------------------|---------------------------------------|--|
| LEGS #1 | <u>Squat</u>                         | 3-4          | 1            | 4-6   |      | 8-9  | ~3-4 min | <u>Hack Squat</u>        | <u>DB Bulgarian Split Squat</u>       | Sit back and down, keep your upper back tight to the bar.  |
|         | <u>Pause Squat (Back off)</u>        | 0            | 2            | 5     |      | 8-9  | ~3-4 min | <u>Pause Hack Squat</u>  | <u>Pause DB Bulgarian Split Squat</u> | Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar. |
|         | <u>Barbell RDL</u>                   | 2            | 3            | 8-10  |      | 8-9  | ~2-3 min | <u>DB RDL</u>            | <u>45° Hyperextension</u>             | Maintain a neutral lower back, set your hips back, don't allow your spine to round.                                  |
|         | <u>Walking Lunge</u>                 | 1            | 2            | 10    |      | 8-9  | ~2-3 min | <u>DB Step-Up</u>        | <u>Goblet Squat</u>                   | Take medium strides, minimize the amount you push off your rear leg.   |
|         | <u>Seated Leg Curl</u>               | 1            | 3            | 10-12 |      | 9-10 | ~1-2 min | <u>Lying Leg Curl</u>    | <u>Nordic Ham Curl</u>                | Focus on squeezing your hamstrings to move the weight.   |
|         | <u>Leg Press Toe Press</u>           | 1            | 4            | 10-12 |      | 9-10 | ~1-2 min | <u>Seated Calf Raise</u> | <u>Standing Calf Raise</u>            | Press all the way up to your toes, stretch your calves at the bottom, don't bounce.                                  |
|         | <u>Decline Plate-Weighted Crunch</u> | 1            | 3            | 10-12 |      | 9-10 | ~1-2 min | <u>Cable Crunch</u>      | <u>Machine Crunch</u>                 | Hold a plate or DB to your chest and crunch hard.  |

| WEEK 3  | EXERCISE   | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE  | REST     | SUBSTITUTION OPTION 1                 | SUBSTITUTION OPTION 2                     | NOTES   |
|---------|--|--------------|--------------|----------|------|------|----------|---------------------------------------|---|---|
| PUSH #1 | Bench Press  | 3-4          | 1            | 2-4      |      | 8-9  | ~3-4 min | <u>DB Bench Press</u>                 | <u>Machine Chest Press</u>                | Set up a comfortable arch, quick pause on the chest and explode up on each rep.   |
|         | Larsen Press   | 0            | 2            | 10       |      | 8-9  | ~3-4 min | <u>DB Bench Press (No Leg Drive)</u>  | <u>Machine Chest Press (No Leg Drive)</u> | Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.   |
|         | Standing Dumbbell Arnold Press   | 2            | 3            | 8-10     |      | 8-9  | ~2-3 min | <u>Seated DB Shoulder Press</u>       | <u>Machine Shoulder Press</u>             | Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.          |
|         | A1. Press-Around   | 1            | 2            | 12-15    |      | 9-10 | 0 min    | <u>DB Flye</u>                        | <u>Deficit Push Up</u>                    | Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.  |
|         | A2. Pec Static Stretch 30s   | 0            | 2            | 30s HOLD |      | N/A  | 0 min    | N/A                                   | N/A                                       | Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.  |
|         | Cross-Body Cable Y-Raise (Side Delt)                                     | 1            | 3            | 12-15    |      | 9-10 | ~1-2 min | <u>DB Lateral Raise</u>               | <u>Machine Lateral Raise</u>              | Think about swinging the cable out and up as if "drawing a sword" from your side.   |
|         | Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension | 1            | 3            | 8 + 8    |      | 9-10 | ~1-2 min | <u>Triceps Pressdown (12-15 reps)</u> | <u>DB Skull Crusher (12-15 reps)</u>      | Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").     |
|         | N1-Style Cross-Body Triceps Extension                                    | 0            | 2            | 10-12    |      | 10   | ~1-2 min | <u>Single-Arm Tricep Pressdown</u>    | <u>Single-Arm Cable Tricep Kickback</u>   | Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso. |

| WEEK 3  | EXERCISE                                     | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE       | REST     | SUBSTITUTION OPTION 1                 | SUBSTITUTION OPTION 2            | NOTES   |
|---------|--|--------------|--------------|----------|------|-----------|----------|---------------------------------------|----------------------------------|---|
| PULL #1 | <u>Lat Pulldown (Feeder Sets)</u>            | 0            | 4            | 10       |      | See Notes | ~2-3 min | <u>Machine Pulldown</u>               | <u>Pull-Up</u>                   | Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set. |
|         | <u>Lat Pulldown (Failure Set)</u>            | 0            | 1            | 10+5     |      | 10        | ~2-3 min | <u>Machine Pulldown</u>               | <u>Pull-Up</u>                   | After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.  |
|         | <u>Omni-Grip Machine Chest-Supported Row</u> | 2            | 3            | 10-12    |      | 8-9       | ~2-3 min | <u>Incline Chest-Supported DB Row</u> | <u>Cable Seated Row</u>          | Use 3 different grips for the 3 working sets (ideally going from wider to closer).  |
|         | <u>A1. Bottom-Half DB Lat Pullover</u>       | 1            | 2            | 10-12    |      | 9-10      | 0 min    | <u>Cable Lat Pullover</u>             | <u>1-Arm Lat Pull-In</u>         | Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).   |
|         | <u>A2. Lat Static Stretch 30s</u>            | 0            | 2            | 30s HOLD |      | N/A       | 0 min    | N/A                                   | N/A                              | Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.  |
|         | <u>Omni-Direction Face Pull</u>              | 1            | 3            | 12-15    |      | 9-10      | ~1-2 min | <u>Reverse Cable Flye</u>             | <u>Bent-Over Reverse DB Flye</u> | 1st set: low-to-high<br>2nd set: mid-range<br>3rd set: high-to-low  |
|         | <u>EZ-Bar Curl</u>                           | 1            | 3            | 6-8      |      | 9-10      | ~1-2 min | <u>DB Curl</u>                        | <u>Cable Curl</u>                | Focus on contracting your biceps, minimize torso momentum.  |
|         | <u>Bottom-Half Preacher Curl</u>             | 0            | 2            | 10-12    |      | 10        | ~1-2 min | <u>Bottom-Half Spider Curl</u>        | <u>Bottom-Half Bayesian Curl</u> | Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).   |

MANDATORY 1-2 REST DAYS

| WEEK 3                         | EXERCISE                                | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE | REST     | SUBSTITUTION OPTION 1              | SUBSTITUTION OPTION 2            | NOTES  |
|--------------------------------|---|--------------|--------------|----------|------|-----|----------|------------------------------------|----------------------------------|--|
| FULL BODY #1                   | <u>Deadlift</u>                         | 3-4          | 1            | 3        |      | 8-9 | ~3-5 min | <u>Trap Bar Deadlift</u>           | <u>Barbell Hip Thrust</u>        | Brace your lats, chest tall, pull the slack out of the bar before lifting.   |
|                                | <u>Stiff-Leg Deadlift</u>               | 0            | 2            | 8        |      | 8-9 | ~3-4 min | <u>Barbell RDL</u>                 | <u>DB RDL</u>                    | Think about doing a high-hip conventional deadlift with a slight bend in the knees.  |
|                                | <u>Close-Grip Barbell Incline Press</u> | 2-3          | 3            | 8, 5, 12 |      | 8-9 | ~3-4 min | <u>Close-Grip DB Incline Press</u> | <u>Close-Grip Machine Press</u>  | Use ~45° incline and a grip width just outside shoulder width.   |
|                                | <u>Chin-Up</u>                          | 2            | 2            | 8-10     |      | 8-9 | ~2-3 min | <u>Underhand Lat Pulldown</u>      | <u>Pull-Up</u>                   | Underhand grip, pull your chest to the bar, add weight if needed to hit RPE.   |
|                                | <u>Leg Press</u>                        | 2-3          | 3            | 10-12    |      | 8-9 | ~2-3 min | <u>Goblet Squat</u>                | <u>Walking Lunge</u>             | Medium width feet placement on the platform, don't allow your lower back to round.   |
|                                | <u>Kroc Row</u>                         | 2            | 2            | 10-12    |      | 8-9 | ~2-3 min | <u>Single-Arm DB Row</u>           | <u>Meadows Row</u>               | Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting. |
|                                | <u>Diamond Pushup</u>                   | 0            | 1            | AMRAP    |      | 10  | 0 min    | <u>Close-Grip Push Up</u>          | <u>Kneeling Modified Push Up</u> | Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.                                  |
| <b>MANDATORY 1-2 REST DAYS</b> |   |              |              |          |      |     |          |                                    |                                  |  |

| WEEK 4  | EXERCISE                             | WARM-UP SETS | WORKING SETS | REPS  | LOAD | RPE  | REST     | SUBSTITUTION OPTION 1    | SUBSTITUTION OPTION 2                 | NOTES  |
|---------|--------------------------------------|--------------|--------------|-------|------|------|----------|--------------------------|---------------------------------------|--|
| LEGS #1 | <u>Squat</u>                         | 3-4          | 1            | 3-5   |      | 8-9  | ~3-4 min | <u>Hack Squat</u>        | <u>DB Bulgarian Split Squat</u>       | Sit back and down, keep your upper back tight to the bar.  |
|         | <u>Pause Squat (Back off)</u>        | 0            | 2            | 5     |      | 8-9  | ~3-4 min | <u>Pause Hack Squat</u>  | <u>Pause DB Bulgarian Split Squat</u> | Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar. |
|         | <u>Barbell RDL</u>                   | 2            | 3            | 8-10  |      | 8-9  | ~2-3 min | <u>DB RDL</u>            | <u>45° Hyperextension</u>             | Maintain a neutral lower back, set your hips back, don't allow your spine to round.                                  |
|         | <u>Walking Lunge</u>                 | 1            | 2            | 10    |      | 8-9  | ~2-3 min | <u>DB Step-Up</u>        | <u>Goblet Squat</u>                   | Take medium strides, minimize the amount you push off your rear leg.   |
|         | <u>Seated Leg Curl</u>               | 1            | 3            | 10-12 |      | 9-10 | ~1-2 min | <u>Lying Leg Curl</u>    | <u>Nordic Ham Curl</u>                | Focus on squeezing your hamstrings to move the weight.   |
|         | <u>Leg Press Toe Press</u>           | 1            | 4            | 10-12 |      | 9-10 | ~1-2 min | <u>Seated Calf Raise</u> | <u>Standing Calf Raise</u>            | Press all the way up to your toes, stretch your calves at the bottom, don't bounce.                                  |
|         | <u>Decline Plate-Weighted Crunch</u> | 1            | 3            | 10-12 |      | 9-10 | ~1-2 min | <u>Cable Crunch</u>      | <u>Machine Crunch</u>                 | Hold a plate or DB to your chest and crunch hard.  |

| WEEK 4  | EXERCISE   | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE  | REST     | SUBSTITUTION OPTION 1                 | SUBSTITUTION OPTION 2                     | NOTES   |
|---------|--|--------------|--------------|----------|------|------|----------|---------------------------------------|---|---|
| PUSH #1 | Bench Press  | 3-4          | 1            | 2-4      |      | 8-9  | ~3-4 min | <u>DB Bench Press</u>                 | <u>Machine Chest Press</u>                | Set up a comfortable arch, quick pause on the chest and explode up on each rep.   |
|         | Larsen Press   | 0            | 2            | 10       |      | 8-9  | ~3-4 min | <u>DB Bench Press (No Leg Drive)</u>  | <u>Machine Chest Press (No Leg Drive)</u> | Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.   |
|         | Standing Dumbbell Arnold Press   | 2            | 3            | 8-10     |      | 8-9  | ~2-3 min | <u>Seated DB Shoulder Press</u>       | <u>Machine Shoulder Press</u>             | Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.          |
|         | A1. Press-Around   | 1            | 2            | 12-15    |      | 9-10 | 0 min    | <u>DB Flye</u>                        | <u>Deficit Push Up</u>                    | Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.  |
|         | A2. Pec Static Stretch 30s   | 0            | 2            | 30s HOLD |      | N/A  | 0 min    | N/A                                   | N/A                                       | Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.  |
|         | Cross-Body Cable Y-Raise (Side Delt)                                     | 1            | 3            | 12-15    |      | 8-9  | ~1-2 min | <u>DB Lateral Raise</u>               | <u>Machine Lateral Raise</u>              | Think about swinging the cable out and up as if "drawing a sword" from your side.   |
|         | Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension | 1            | 3            | 8 + 8    |      | 8-9  | ~1-2 min | <u>Triceps Pressdown (12-15 reps)</u> | <u>DB Skull Crusher (12-15 reps)</u>      | Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").     |
|         | N1-Style Cross-Body Triceps Extension                                    | 0            | 2            | 10-12    |      | 10   | ~1-2 min | <u>Single-Arm Tricep Pressdown</u>    | <u>Single-Arm Cable Tricep Kickback</u>   | Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso. |

| WEEK 4  | EXERCISE                                     | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE       | REST     | SUBSTITUTION OPTION 1                 | SUBSTITUTION OPTION 2            | NOTES   |
|---------|--|--------------|--------------|----------|------|-----------|----------|---------------------------------------|----------------------------------|---|
| PULL #1 | <u>Lat Pulldown (Feeder Sets)</u>            | 0            | 4            | 10       |      | See Notes | ~2-3 min | <u>Machine Pulldown</u>               | <u>Pull-Up</u>                   | Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set. |
|         | <u>Lat Pulldown (Failure Set)</u>            | 0            | 1            | 10+5     |      | 10        | ~2-3 min | <u>Machine Pulldown</u>               | <u>Pull-Up</u>                   | After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.  |
|         | <u>Omni-Grip Machine Chest-Supported Row</u> | 2            | 3            | 10-12    |      | 8-9       | ~2-3 min | <u>Incline Chest-Supported DB Row</u> | <u>Cable Seated Row</u>          | Use 3 different grips for the 3 working sets (ideally going from wider to closer).  |
|         | <u>A1. Bottom-Half DB Lat Pullover</u>       | 1            | 2            | 10-12    |      | 9-10      | 0 min    | <u>Cable Lat Pullover</u>             | <u>1-Arm Lat Pull-In</u>         | Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).   |
|         | <u>A2. Lat Static Stretch 30s</u>            | 0            | 2            | 30s HOLD |      | N/A       | 0 min    | N/A                                   | N/A                              | Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.  |
|         | <u>Omni-Direction Face Pull</u>              | 1            | 3            | 12-15    |      | 9-10      | ~1-2 min | <u>Reverse Cable Flye</u>             | <u>Bent-Over Reverse DB Flye</u> | 1st set: low-to-high<br>2nd set: mid-range<br>3rd set: high-to-low  |
|         | <u>EZ-Bar Curl</u>                           | 1            | 3            | 6-8      |      | 9-10      | ~1-2 min | <u>DB Curl</u>                        | <u>Cable Curl</u>                | Focus on contracting your biceps, minimize torso momentum.  |
|         | <u>Bottom-Half Preacher Curl</u>             | 0            | 2            | 10-12    |      | 10        | ~1-2 min | <u>Bottom-Half Spider Curl</u>        | <u>Bottom-Half Bayesian Curl</u> | Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).   |

MANDATORY 1-2 REST DAYS

| WEEK 4                         | EXERCISE                                | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE | REST     | SUBSTITUTION OPTION 1              | SUBSTITUTION OPTION 2            | NOTES  |
|--------------------------------|---|--------------|--------------|----------|------|-----|----------|------------------------------------|----------------------------------|--|
| FULL BODY #1                   | <u>Deadlift</u>                         | 3-4          | 1            | 2        |      | 8-9 | ~3-5 min | <u>Trap Bar Deadlift</u>           | <u>Barbell Hip Thrust</u>        | Brace your lats, chest tall, pull the slack out of the bar before lifting.   |
|                                | <u>Stiff-Leg Deadlift</u>               | 0            | 2            | 8        |      | 8-9 | ~3-4 min | <u>Barbell RDL</u>                 | <u>DB RDL</u>                    | Think about doing a high-hip conventional deadlift with a slight bend in the knees.  |
|                                | <u>Close-Grip Barbell Incline Press</u> | 2-3          | 3            | 8, 5, 12 |      | 8-9 | ~3-4 min | <u>Close-Grip DB Incline Press</u> | <u>Close-Grip Machine Press</u>  | Use ~45° incline and a grip width just outside shoulder width.   |
|                                | <u>Chin-Up</u>                          | 2            | 2            | 8-10     |      | 8-9 | ~2-3 min | <u>Underhand Lat Pulldown</u>      | <u>Pull-Up</u>                   | Underhand grip, pull your chest to the bar, add weight if needed to hit RPE.   |
|                                | <u>Leg Press</u>                        | 2-3          | 3            | 10-12    |      | 8-9 | ~2-3 min | <u>Goblet Squat</u>                | <u>Walking Lunge</u>             | Medium width feet placement on the platform, don't allow your lower back to round.   |
|                                | <u>Kroc Row</u>                         | 2            | 2            | 10-12    |      | 8-9 | ~2-3 min | <u>Single-Arm DB Row</u>           | <u>Meadows Row</u>               | Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting. |
|                                | <u>Diamond Pushup</u>                   | 0            | 1            | AMRAP    |      | 10  | 0 min    | <u>Close-Grip Push Up</u>          | <u>Kneeling Modified Push Up</u> | Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.                                  |
| <b>MANDATORY 1-2 REST DAYS</b> |   |              |              |          |      |     |          |                                    |                                  |  |

| WEEK 5  | EXERCISE                             | WARM-UP SETS | WORKING SETS | REPS  | LOAD | RPE  | REST     | SUBSTITUTION OPTION 1    | SUBSTITUTION OPTION 2                 | NOTES  |
|---------|--------------------------------------|--------------|--------------|-------|------|------|----------|--------------------------|---------------------------------------|--|
| LEGS #1 | <u>Squat</u>                         | 3-4          | 1            | 2-4   |      | 8-9  | ~3-4 min | <u>Hack Squat</u>        | <u>DB Bulgarian Split Squat</u>       | Sit back and down, keep your upper back tight to the bar.  |
|         | <u>Pause Squat (Back off)</u>        | 0            | 2            | 5     |      | 8-9  | ~3-4 min | <u>Pause Hack Squat</u>  | <u>Pause DB Bulgarian Split Squat</u> | Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar. |
|         | <u>Barbell RDL</u>                   | 2            | 3            | 8-10  |      | 8-9  | ~2-3 min | <u>DB RDL</u>            | <u>45° Hyperextension</u>             | Maintain a neutral lower back, set your hips back, don't allow your spine to round.                                  |
|         | <u>Walking Lunge</u>                 | 1            | 2            | 10    |      | 8-9  | ~2-3 min | <u>DB Step-Up</u>        | <u>Goblet Squat</u>                   | Take medium strides, minimize the amount you push off your rear leg.   |
|         | <u>Seated Leg Curl</u>               | 1            | 3            | 10-12 |      | 9-10 | ~1-2 min | <u>Lying Leg Curl</u>    | <u>Nordic Ham Curl</u>                | Focus on squeezing your hamstrings to move the weight  |
|         | <u>Leg Press Toe Press</u>           | 1            | 4            | 10-12 |      | 9-10 | ~1-2 min | <u>Seated Calf Raise</u> | <u>Standing Calf Raise</u>            | Press all the way up to your toes, stretch your calves at the bottom, don't bounce.                                  |
|         | <u>Decline Plate-Weighted Crunch</u> | 1            | 3            | 10-12 |      | 9-10 | ~1-2 min | <u>Cable Crunch</u>      | <u>Machine Crunch</u>                 | Hold a plate or DB to your chest and crunch hard.  |

| WEEK 5  | EXERCISE   | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE  | REST     | SUBSTITUTION OPTION 1          | SUBSTITUTION OPTION 2              | NOTES   |
|---------|--|--------------|--------------|----------|------|------|----------|--------------------------------|------------------------------------|---|
| PUSH #1 | Bench Press  | 3-4          | 1            | 3-5      |      | 8-9  | ~3-4 min | DB Bench Press                 | Machine Chest Press                | Set up a comfortable arch, quick pause on the chest and explode up on each rep.   |
|         | Larsen Press   | 0            | 2            | 10       |      | 8-9  | ~3-4 min | DB Bench Press (No Leg Drive)  | Machine Chest Press (No Leg Drive) | Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.   |
|         | Standing Dumbbell Arnold Press   | 2            | 3            | 8-10     |      | 8-9  | ~2-3 min | Seated DB Shoulder Press       | Machine Shoulder Press             | Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.          |
|         | A1. Press-Around   | 1            | 2            | 12-15    |      | 9-10 | 0 min    | DB Flye                        | Deficit Push Up                    | Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.  |
|         | A2. Pec Static Stretch 30s   | 0            | 2            | 30s HOLD |      | N/A  | 0 min    | N/A                            | N/A                                | Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.  |
|         | Cross-Body Cable Y-Raise (Side Delt)                                     | 1            | 3            | 12-15    |      | 9-10 | ~1-2 min | DB Lateral Raise               | Machine Lateral Raise              | Think about swinging the cable out and up as if "drawing a sword" from your side.   |
|         | Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension | 1            | 3            | 8 + 8    |      | 9-10 | ~1-2 min | Triceps Pressdown (12-15 reps) | DB Skull Crusher (12-15 reps)      | Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").     |
|         | N1-Style Cross-Body Triceps Extension                                    | 0            | 2            | 10-12    |      | 10   | ~1-2 min | Single-Arm Tricep Pressdown    | Single-Arm Cable Tricep Kickback   | Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso. |

| WEEK 5  | EXERCISE                                     | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE       | REST     | SUBSTITUTION OPTION 1                 | SUBSTITUTION OPTION 2            | NOTES   |
|---------|--|--------------|--------------|----------|------|-----------|----------|---------------------------------------|----------------------------------|---|
| PULL #1 | <u>Lat Pulldown (Feeder Sets)</u>            | 0            | 4            | 10       |      | See Notes | ~2-3 min | <u>Machine Pulldown</u>               | <u>Pull-Up</u>                   | Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set. |
|         | <u>Lat Pulldown (Failure Set)</u>            | 0            | 1            | 10+5     |      | 10        | ~2-3 min | <u>Machine Pulldown</u>               | <u>Pull-Up</u>                   | After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.  |
|         | <u>Omni-Grip Machine Chest-Supported Row</u> | 2            | 3            | 10-12    |      | 8-9       | ~2-3 min | <u>Incline Chest-Supported DB Row</u> | <u>Cable Seated Row</u>          | Use 3 different grips for the 3 working sets (ideally going from wider to closer).  |
|         | <u>A1. Bottom-Half DB Lat Pullover</u>       | 1            | 2            | 10-12    |      | 9-10      | 0 min    | <u>Cable Lat Pullover</u>             | <u>1-Arm Lat Pull-In</u>         | Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).   |
|         | <u>A2. Lat Static Stretch 30s</u>            | 0            | 2            | 30s HOLD |      | N/A       | 0 min    | N/A                                   | N/A                              | Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.  |
|         | <u>Omni-Direction Face Pull</u>              | 1            | 3            | 12-15    |      | 9-10      | ~1-2 min | <u>Reverse Cable Flye</u>             | <u>Bent-Over Reverse DB Flye</u> | 1st set: low-to-high<br>2nd set: mid-range<br>3rd set: high-to-low  |
|         | <u>EZ-Bar Curl</u>                           | 1            | 3            | 6-8      |      | 9-10      | ~1-2 min | <u>DB Curl</u>                        | <u>Cable Curl</u>                | Focus on contracting your biceps, minimize torso momentum.  |
|         | <u>Bottom-Half Preacher Curl</u>             | 0            | 2            | 10-12    |      | 10        | ~1-2 min | <u>Bottom-Half Spider Curl</u>        | <u>Bottom-Half Bayesian Curl</u> | Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).   |

MANDATORY 1-2 REST DAYS

| WEEK 5                         | EXERCISE                                | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE | REST     | SUBSTITUTION OPTION 1              | SUBSTITUTION OPTION 2            | NOTES  |
|--------------------------------|---|--------------|--------------|----------|------|-----|----------|------------------------------------|----------------------------------|--|
| FULL BODY #1                   | <u>Deadlift</u>                         | 3-4          | 1            | 1        |      | 8-9 | ~3-5 min | <u>Trap Bar Deadlift</u>           | <u>Barbell Hip Thrust</u>        | Brace your lats, chest tall, pull the slack out of the bar before lifting.   |
|                                | <u>Stiff-Leg Deadlift</u>               | 0            | 2            | 8        |      | 8-9 | ~3-4 min | <u>Barbell RDL</u>                 | <u>DB RDL</u>                    | Think about doing a high-hip conventional deadlift with a slight bend in the knees.  |
|                                | <u>Close-Grip Barbell Incline Press</u> | 2-3          | 3            | 8, 5, 12 |      | 8-9 | ~3-4 min | <u>Close-Grip DB Incline Press</u> | <u>Close-Grip Machine Press</u>  | Use ~45° incline and a grip width just outside shoulder width.   |
|                                | <u>Chin-Up</u>                          | 2            | 2            | 8-10     |      | 8-9 | ~2-3 min | <u>Underhand Lat Pulldown</u>      | <u>Pull-Up</u>                   | Underhand grip, pull your chest to the bar, add weight if needed to hit RPE.   |
|                                | <u>Leg Press</u>                        | 2-3          | 3            | 10-12    |      | 8-9 | ~2-3 min | <u>Goblet Squat</u>                | <u>Walking Lunge</u>             | Medium width feet placement on the platform, don't allow your lower back to round.   |
|                                | <u>Kroc Row</u>                         | 2            | 2            | 10-12    |      | 8-9 | ~2-3 min | <u>Single-Arm DB Row</u>           | <u>Meadows Row</u>               | Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting. |
|                                | <u>Diamond Pushup</u>                   | 0            | 1            | AMRAP    |      | 10  | 0 min    | <u>Close-Grip Push Up</u>          | <u>Kneeling Modified Push Up</u> | Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.                                  |
| <b>MANDATORY 1-2 REST DAYS</b> |   |              |              |          |      |     |          |                                    |                                  |  |

**SEMI-DELOAD WEEK: AVOID FAILURE AND TRAIN LIGHTER THIS WEEK TO PROMOTE RECOVERY AND TO PREPARE FOR THE NEXT 6 WEEKS!**

| <b>WEEK 6</b>  | <b>EXERCISE</b>                      | <b>WARM-UP SETS</b> | <b>WORKING SETS</b> | <b>REPS</b> | <b>LOAD</b> | <b>RPE</b> | <b>REST</b> | <b>SUBSTITUTION OPTION 1</b> | <b>SUBSTITUTION OPTION 2</b>          | <b>NOTES</b>   |
|----------------|--------------------------------------|---------------------|---------------------|-------------|-------------|------------|-------------|------------------------------|---------------------------------------|--|
| <b>LEGS #1</b> | <u>Squat</u>                         | 3-4                 | 1                   | 1-3         |             | 7          | ~3-4 min    | <u>Hack Squat</u>            | <u>DB Bulgarian Split Squat</u>       | Sit back and down, keep your upper back tight to the bar.  |
|                | <u>Pause Squat (Back off)</u>        | 0                   | 2                   | 5           |             | 7          | ~3-4 min    | <u>Pause Hack Squat</u>      | <u>Pause DB Bulgarian Split Squat</u> | Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar. |
|                | <u>Barbell RDL</u>                   | 2                   | 2                   | 8-10        |             | 7          | ~2-3 min    | <u>DB RDL</u>                | <u>45° Hyperextension</u>             | Maintain a neutral lower back, set your hips back, don't allow your spine to round.                                  |
|                | <u>Walking Lunge</u>                 | 1                   | 2                   | 10          |             | 7          | ~2-3 min    | <u>DB Step-Up</u>            | <u>Goblet Squat</u>                   | Take medium strides, minimize the amount you push off your rear leg.   |
|                | <u>Seated Leg Curl</u>               | 1                   | 2                   | 10-12       |             | 8          | ~1-2 min    | <u>Lying Leg Curl</u>        | <u>Nordic Ham Curl</u>                | Focus on squeezing your hamstrings to move the weight.   |
|                | <u>Leg Press Toe Press</u>           | 1                   | 2                   | 10-12       |             | 8          | ~1-2 min    | <u>Seated Calf Raise</u>     | <u>Standing Calf Raise</u>            | Press all the way up to your toes, stretch your calves at the bottom, don't bounce.                                  |
|                | <u>Decline Plate-Weighted Crunch</u> | 1                   | 2                   | 10-12       |             | 8          | ~1-2 min    | <u>Cable Crunch</u>          | <u>Machine Crunch</u>                 | Hold a plate or DB to your chest and crunch hard!  |

| WEEK 6  | EXERCISE   | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE | REST     | SUBSTITUTION OPTION 1          | SUBSTITUTION OPTION 2              | NOTES   |
|---------|--|--------------|--------------|----------|------|-----|----------|--------------------------------|------------------------------------|---|
| PUSH #1 | Bench Press  | 3-4          | 1            | 3-5      |      | 7   | ~3-4 min | DB Bench Press                 | Machine Chest Press                | Set up a comfortable arch, quick pause on the chest and explode up on each rep.   |
|         | Larsen Press   | 0            | 2            | 10       |      | 7   | ~3-4 min | DB Bench Press (No Leg Drive)  | Machine Chest Press (No Leg Drive) | Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.   |
|         | Standing Dumbbell Arnold Press   | 2            | 2            | 8-10     |      | 7   | ~2-3 min | Seated DB Shoulder Press       | Machine Shoulder Press             | Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.          |
|         | A1. Press-Around   | 1            | 2            | 12-15    |      | 8   | 0 min    | DB Flye                        | Deficit Push Up                    | Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.  |
|         | A2. Pec Static Stretch 30s   | 0            | 2            | 30s HOLD |      | N/A | 0 min    | N/A                            | N/A                                | Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.  |
|         | Cross-Body Cable Y-Raise (Side Delt)                                     | 1            | 2            | 12-15    |      | 8   | ~1-2 min | DB Lateral Raise               | Machine Lateral Raise              | Think about swinging the cable out and up as if "drawing a sword" from your side.   |
|         | Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension | 1            | 2            | 8 + 8    |      | 8   | ~1-2 min | Triceps Pressdown (12-15 reps) | DB Skull Crusher (12-15 reps)      | Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").     |
|         | N1-Style Cross-Body Triceps Extension                                    | 0            | 2            | 10-12    |      | 8   | ~1-2 min | Single-Arm Tricep Pressdown    | Single-Arm Cable Tricep Kickback   | Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso. |

| WEEK 6  | EXERCISE                                     | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE       | REST     | SUBSTITUTION OPTION 1                 | SUBSTITUTION OPTION 2            | NOTES   |
|---------|--|--------------|--------------|----------|------|-----------|----------|---------------------------------------|----------------------------------|---|
| PULL #1 | <u>Lat Pulldown (Feeder Sets)</u>            | 0            | 4            | 10       |      | See Notes | ~2-3 min | <u>Machine Pulldown</u>               | <u>Pull-Up</u>                   | Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set. |
|         | <u>Lat Pulldown (Failure Set)</u>            | 0            | 1            | 10+5     |      | 10        | ~2-3 min | <u>Machine Pulldown</u>               | <u>Pull-Up</u>                   | After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.  |
|         | <u>Omni-Grip Machine Chest-Supported Row</u> | 2            | 3            | 10-12    |      | 7         | ~2-3 min | <u>Incline Chest-Supported DB Row</u> | <u>Cable Seated Row</u>          | Use 3 different grips for the 3 working sets (ideally going from wider to closer).  |
|         | <u>A1. Bottom-Half DB Lat Pullover</u>       | 1            | 2            | 10-12    |      | 8         | 0 min    | <u>Cable Lat Pullover</u>             | <u>1-Arm Lat Pull-In</u>         | Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).   |
|         | <u>A2. Lat Static Stretch 30s</u>            | 0            | 2            | 30s HOLD |      | N/A       | 0 min    | N/A                                   | N/A                              | Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.  |
|         | <u>Omni-Direction Face Pull</u>              | 1            | 3            | 12-15    |      | 8         | ~1-2 min | <u>Reverse Cable Flye</u>             | <u>Bent-Over Reverse DB Flye</u> | 1st set: low-to-high<br>2nd set: mid-range<br>3rd set: high-to-low  |
|         | <u>EZ-Bar Curl</u>                           | 1            | 2            | 6-8      |      | 8         | ~1-2 min | <u>DB Curl</u>                        | <u>Cable Curl</u>                | Focus on contracting your biceps, minimize torso momentum.  |
|         | <u>Bottom-Half Preacher Curl</u>             | 0            | 2            | 10-12    |      | 8         | ~1-2 min | <u>Bottom-Half Spider Curl</u>        | <u>Bottom-Half Bayesian Curl</u> | Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).   |

MANDATORY 1-2 REST DAYS

| WEEK 6                         | EXERCISE                                | WARM-UP SETS | WORKING SETS | REPS  | LOAD | RPE | REST     | SUBSTITUTION OPTION 1              | SUBSTITUTION OPTION 2            | NOTES  |
|--------------------------------|---|--------------|--------------|-------|------|-----|----------|------------------------------------|----------------------------------|--|
| FULL BODY #1                   | <u>Deadlift</u>                         | 3-4          | 1            | 4     |      | 7   | ~3-5 min | <u>Trap Bar Deadlift</u>           | <u>Barbell Hip Thrust</u>        | Brace your lats, chest tall, pull the slack out of the bar before lifting.   |
|                                | <u>Stiff-Leg Deadlift</u>               | 0            | 2            | 8     |      | 7   | ~3-4 min | <u>Barbell RDL</u>                 | <u>DB RDL</u>                    | Think about doing a high-hip conventional deadlift with a slight bend in the knees.  |
|                                | <u>Close-Grip Barbell Incline Press</u> | 2-3          | 2            | 8, 5  |      | 7   | ~3-4 min | <u>Close-Grip DB Incline Press</u> | <u>Close-Grip Machine Press</u>  | Use ~45° incline and a grip width just outside shoulder width.   |
|                                | <u>Chin-Up</u>                          | 2            | 2            | 8-10  |      | 7   | ~2-3 min | <u>Underhand Lat Pulldown</u>      | <u>Pull-Up</u>                   | Underhand grip, pull your chest to the bar, add weight if needed to hit RPE.   |
|                                | <u>Leg Press</u>                        | 2-3          | 2            | 10-12 |      | 7   | ~2-3 min | <u>Goblet Squat</u>                | <u>Walking Lunge</u>             | Medium width feet placement on the platform, don't allow your lower back to round.   |
|                                | <u>Kroc Row</u>                         | 2            | 2            | 10-12 |      | 7   | ~2-3 min | <u>Single-Arm DB Row</u>           | <u>Meadows Row</u>               | Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting. |
|                                | <u>Diamond Pushup</u>                   | 0            | 1            | AMRAP |      | 10  | 0 min    | <u>Close-Grip Push Up</u>          | <u>Kneeling Modified Push Up</u> | Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.                                  |
| <b>MANDATORY 1-2 REST DAYS</b> |   |              |              |       |      |     |          |                                    |                                  |  |

# **PHASE 2**

## **MAXIMUM EFFORT**

### **(LOW VOLUME, HIGH INTENSITY)**

| WEEK 1  | EXERCISE                      | WARM-UP SETS | WORKING SETS | REPS | LOAD | RPE | REST     | SUBSTITUTION OPTION 1        | SUBSTITUTION OPTION 2        | NOTES   |
|---------|-------------------------------|--------------|--------------|------|------|-----|----------|------------------------------|------------------------------|---|
| LEGS #1 | <u>Squat or Machine Squat</u> | 3-4          | 1            | 3-5  |      | 8-9 | ~3-5 min | <u>Machine Squat</u>         | <u>Bulgarian Split Squat</u> | Sit back and down, keep your upper back tight to the bar.                           |
|         | <u>Barbell RDL</u>            | 3            | 2            | 4-6  |      | 10  | ~3-4 min | <u>DB RDL</u>                | <u>45° Hyperextension</u>    | Maintain a neutral lower back, set your hips back, don't allow your spine to round. |
|         | <u>Leg Extension</u>          | 2            | 2            | 6-8  |      | 10  | ~2-3 min | <u>DB Step-Up</u>            | <u>Goblet Squat</u>          | Focus on squeezing your quads to make the weight move.                              |
|         | <u>Seated Calf Raise</u>      | 2            | 3            | 4-6  |      | 10  | ~2-3 min | <u>Standing Calf Raise</u>   | <u>Leg Press Toe Press</u>   | Press all the way up to your toes, stretch your calves at the bottom, don't bounce. |
|         | <u>Cable Crunch</u>           | 2            | 3            | 6-8  |      | 10  | ~2-3 min | <u>Plate-Weighted Crunch</u> | <u>Machine Crunch</u>        | Round your back as you crunch.  |

| WEEK 1  | EXERCISE                         | WARM-UP SETS | WORKING SETS | REPS | LOAD | RPE | REST     | SUBSTITUTION OPTION 1                  | SUBSTITUTION OPTION 2                 | NOTES  |
|---------|----------------------------------|--------------|--------------|------|------|-----|----------|--|---------------------------------------|--|
| PUSH #1 | Bench Press                      | 3-4          | 1            | 3-5  |      | 8-9 | ~3-5 min | <a href="#">DB Bench Press</a>         | <a href="#">Machine Chest Press</a>   | Set up a comfortable arch, quick pause on the chest and explode up on each rep.          |
|         | High-Incline Smith Machine Press | 2            | 2            | 4-6  |      | 10  | ~3-4 min | <a href="#">Incline DB Press</a>       | <a href="#">Incline Machine Press</a> | Set the bench at a 45-60 degree incline, touch the bar to your upper chest with control. |
|         | Egyptian Cable Lateral Raise     | 2            | 2            | 6-8  |      | 10  | ~2-3 min | <a href="#">DB Lateral Raise</a>       | <a href="#">Machine Lateral Raise</a> | Lean away from the cable. Focus on squeezing your delts.                                 |
|         | Overhead Cable Triceps Extension | 2            | 2            | 4-6  |      | 10  | ~2-3 min | <a href="#">DB Floor Skull Crusher</a> | <a href="#">DB French Press</a>       | Do both arms at once, resist the negative.   |
|         | Cable Triceps Kickback           | 1            | 2            | 6-8  |      | 10  | ~2-3 min | <a href="#">DB Triceps Kickback</a>    | <a href="#">Triceps Pressdown</a>     | Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).      |

| WEEK 1  | EXERCISE                         | WARM-UP SETS | WORKING SETS | REPS | LOAD | RPE | REST     | SUBSTITUTION OPTION 1       | SUBSTITUTION OPTION 2            | NOTES   |
|---------|----------------------------------|--------------|--------------|------|------|-----|----------|-----------------------------|----------------------------------|---|
| PULL #1 | <u>Neutral-Grip Lat Pulldown</u> | 3            | 3            | 4-6  |      | 10  | ~3-4 min | <u>Neutral-Grip Pull-Up</u> | <u>Machine Pulldown</u>          | Pull your elbows down against your sides.   |
|         | <u>Pendlay Row</u>               | 3            | 2            | 4-6  |      | 10  | ~3-4 min | <u>Meadows Row</u>          | <u>Single-Arm Row</u>            | Initiate the movement by squeezing your shoulder blades together, pull to your lower chest, avoid using momentum. |
|         | <u>Reverse Pec Deck</u>          | 2            | 2            | 6-8  |      | 10  | ~2-3 min | <u>Reverse Cable Flye</u>   | <u>Bent-Over Reverse DB Flye</u> | Swing the weight "out", not "back".   |
|         | <u>EZ-Bar Curl</u>               | 2            | 2            | 4-6  |      | 10  | ~2-3 min | <u>DB Curl</u>              | <u>Cable Curl</u>                | Arc the bar "out" not "up", focus on squeezing your biceps.   |
|         | <u>Hammer Cheat Curl</u>         | 1            | 1            | 4-6  |      | 10  | 0 min    | <u>Inverse Zottman Curl</u> | <u>DB Curl</u>                   | You can use slight momentum on the concentric, but control the eccentric with your elbows stationary.             |

MANDATORY 1-2 REST DAYS

| WEEK 1       | EXERCISE                           | WARM-UP SETS | WORKING SETS | REPS | LOAD | RPE  | REST     | SUBSTITUTION OPTION 1         | SUBSTITUTION OPTION 2                 | NOTES  |
|--------------|------------------------------------|--------------|--------------|------|------|------|----------|-------------------------------|---------------------------------------|--|
| FULL BODY #1 | <u>Hack Squat</u>                  | 3-4          | 2            | 4-6  |      | 9-10 | ~3-5 min | <u>Machine Squat</u>          | <u>Bulgarian Split Squat</u>          | Allow your knees to come forward (past your toes), focus the tension on your quads.          |
|              | <u>Seated DB Shoulder Press</u>    | 3            | 2            | 6-8  |      | 10   | ~3-4 min | <u>Machine Shoulder Press</u> | <u>Standing DB Arnold Press</u>       | Bring the dumbbells all the way down, keep your torso upright.                               |
|              | <u>Close-Grip Seated Cable Row</u> | 3            | 2            | 4-6  |      | 10   | ~3-4 min | <u>T-Bar Row</u>              | <u>Incline Chest-Supported DB Row</u> | Focus on squeezing your shoulder blades together, drive your elbows down and back.           |
|              | <u>Weighted Dip</u>                | 3            | 2            | 4-6  |      | 10   | ~3-4 min | <u>Machine Chest Press</u>    | <u>DB Bench Press</u>                 | Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip. |
|              | <u>Seated Leg Curl</u>             | 2            | 2            | 4-6  |      | 10   | ~2-3 min | <u>Lying Leg Curl</u>         | <u>Nordic Ham Curl</u>                | Focus on squeezing your hamstrings to move the weight.                                       |
|              | <u>Machine Lateral Raise</u>       | 2            | 2            | 6-8  |      | 10   | ~2-3 min | <u>DB Lateral Raise</u>       | <u>Cable Lateral Raise</u>            | Focus on squeezing your lateral delt to move the weight.                                     |

MANDATORY 1-2 REST DAYS

| WEEK 2  | EXERCISE                      | WARM-UP SETS | WORKING SETS | REPS | LOAD | RPE | REST     | SUBSTITUTION OPTION 1        | SUBSTITUTION OPTION 2        | NOTES   |
|---------|-------------------------------|--------------|--------------|------|------|-----|----------|------------------------------|------------------------------|---|
| LEGS #1 | <u>Squat or Machine Squat</u> | 3-4          | 1            | 3-5  |      | 8-9 | ~3-5 min | <u>Machine Squat</u>         | <u>Bulgarian Split Squat</u> | Sit back and down, keep your upper back tight to the bar.                           |
|         | <u>Barbell RDL</u>            | 3            | 2            | 4-6  |      | 10  | ~3-4 min | <u>DB RDL</u>                | <u>45° Hyperextension</u>    | Maintain a neutral lower back, set your hips back, don't allow your spine to round. |
|         | <u>Leg Extension</u>          | 2            | 2            | 6-8  |      | 10  | ~2-3 min | <u>DB Step-Up</u>            | <u>Goblet Squat</u>          | Focus on squeezing your quads to make the weight move.                              |
|         | <u>Seated Calf Raise</u>      | 2            | 3            | 4-6  |      | 10  | ~2-3 min | <u>Standing Calf Raise</u>   | <u>Leg Press Toe Press</u>   | Press all the way up to your toes, stretch your calves at the bottom, don't bounce. |
|         | <u>Cable Crunch</u>           | 2            | 3            | 6-8  |      | 10  | ~2-3 min | <u>Plate-Weighted Crunch</u> | <u>Machine Crunch</u>        | Round your back as you crunch.  |

| WEEK 2  | EXERCISE                         | WARM-UP SETS | WORKING SETS | REPS | LOAD | RPE | REST     | SUBSTITUTION OPTION 1                  | SUBSTITUTION OPTION 2                 | NOTES  |
|---------|----------------------------------|--------------|--------------|------|------|-----|----------|--|---------------------------------------|--|
| PUSH #1 | Bench Press                      | 3-4          | 1            | 3-5  |      | 8-9 | ~3-5 min | <a href="#">DB Bench Press</a>         | <a href="#">Machine Chest Press</a>   | Set up a comfortable arch, quick pause on the chest and explode up on each rep.          |
|         | High-Incline Smith Machine Press | 2            | 2            | 4-6  |      | 10  | ~3-4 min | <a href="#">Incline DB Press</a>       | <a href="#">Incline Machine Press</a> | Set the bench at a 45-60 degree incline, touch the bar to your upper chest with control. |
|         | Egyptian Cable Lateral Raise     | 2            | 2            | 6-8  |      | 10  | ~2-3 min | <a href="#">DB Lateral Raise</a>       | <a href="#">Machine Lateral Raise</a> | Lean away from the cable. Focus on squeezing your delts.                                 |
|         | Overhead Cable Triceps Extension | 2            | 2            | 4-6  |      | 10  | ~2-3 min | <a href="#">DB Floor Skull Crusher</a> | <a href="#">DB French Press</a>       | Do both arms at once, resist the negative.   |
|         | Cable Triceps Kickback           | 1            | 2            | 6-8  |      | 10  | ~2-3 min | <a href="#">DB Triceps Kickback</a>    | <a href="#">Triceps Pressdown</a>     | Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).      |

| WEEK 2  | EXERCISE                         | WARM-UP SETS | WORKING SETS | REPS | LOAD | RPE | REST     | SUBSTITUTION OPTION 1       | SUBSTITUTION OPTION 2            | NOTES   |
|---------|----------------------------------|--------------|--------------|------|------|-----|----------|-----------------------------|----------------------------------|---|
| PULL #1 | <u>Neutral-Grip Lat Pulldown</u> | 3            | 3            | 4-6  |      | 10  | ~3-4 min | <u>Neutral-Grip Pull-Up</u> | <u>Machine Pulldown</u>          | Pull your elbows down against your sides.   |
|         | <u>Pendlay Row</u>               | 3            | 2            | 4-6  |      | 10  | ~3-4 min | <u>Meadows Row</u>          | <u>Single-Arm Row</u>            | Initiate the movement by squeezing your shoulder blades together, pull to your lower chest, avoid using momentum. |
|         | <u>Reverse Pec Deck</u>          | 2            | 2            | 6-8  |      | 10  | ~2-3 min | <u>Reverse Cable Flye</u>   | <u>Bent-Over Reverse DB Flye</u> | Swing the weight "out", not "back".   |
|         | <u>EZ-Bar Curl</u>               | 2            | 2            | 4-6  |      | 10  | ~2-3 min | <u>DB Curl</u>              | <u>Cable Curl</u>                | Arc the bar "out" not "up", focus on squeezing your biceps.   |
|         | <u>Hammer Cheat Curl</u>         | 1            | 1            | 4-6  |      | 10  | 0 min    | <u>Inverse Zottman Curl</u> | <u>DB Curl</u>                   | You can use slight momentum on the concentric, but control the eccentric with your elbows stationary.             |

MANDATORY 1-2 REST DAYS

| WEEK 2       | EXERCISE                           | WARM-UP SETS | WORKING SETS | REPS | LOAD | RPE | REST     | SUBSTITUTION OPTION 1         | SUBSTITUTION OPTION 2                 | NOTES  |
|--------------|------------------------------------|--------------|--------------|------|------|-----|----------|-------------------------------|---------------------------------------|--|
| FULL BODY #1 | <u>Deadlift</u>                    | 3-4          | 2            | 4-6  |      | 8-9 | ~3-5 min | <u>Trap Bar Deadlift</u>      | <u>Barbell Hip Thrust</u>             | Can pull sumo or conventional, go with whatever variation you are stronger with.             |
|              | <u>Seated DB Shoulder Press</u>    | 3            | 2            | 6-8  |      | 10  | ~3-4 min | <u>Machine Shoulder Press</u> | <u>Standing DB Arnold Press</u>       | Bring the dumbbells all the way down, keep your torso upright.                               |
|              | <u>Close-Grip Seated Cable Row</u> | 3            | 2            | 4-6  |      | 10  | ~3-4 min | <u>T-Bar Row</u>              | <u>Incline Chest-Supported DB Row</u> | Focus on squeezing your shoulder blades together, drive your elbows down and back.           |
|              | <u>Weighted Dip</u>                | 3            | 2            | 4-6  |      | 10  | ~3-4 min | <u>Machine Chest Press</u>    | <u>DB Bench Press</u>                 | Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip. |
|              | <u>Seated Leg Curl</u>             | 2            | 2            | 4-6  |      | 10  | ~2-3 min | <u>Lying Leg Curl</u>         | <u>Nordic Ham Curl</u>                | Focus on squeezing your hamstrings to move the weight.                                       |
|              | <u>Machine Lateral Raise</u>       | 2            | 2            | 6-8  |      | 10  | ~2-3 min | <u>DB Lateral Raise</u>       | <u>Cable Lateral Raise</u>            | Focus on squeezing your lateral delt to move the weight.                                     |

MANDATORY 1-2 REST DAYS

| WEEK 3  | EXERCISE                      | WARM-UP SETS | WORKING SETS | REPS | LOAD | RPE | REST     | SUBSTITUTION OPTION 1        | SUBSTITUTION OPTION 2        | NOTES   |
|---------|-------------------------------|--------------|--------------|------|------|-----|----------|------------------------------|------------------------------|---|
| LEGS #1 | <u>Squat or Machine Squat</u> | 3-4          | 1            | 3-5  |      | 8-9 | ~3-5 min | <u>Machine Squat</u>         | <u>Bulgarian Split Squat</u> | Sit back and down, keep your upper back tight to the bar.                           |
|         | <u>Barbell RDL</u>            | 3            | 2            | 4-6  |      | 10  | ~3-4 min | <u>DB RDL</u>                | <u>45° Hyperextension</u>    | Maintain a neutral lower back, set your hips back, don't allow your spine to round. |
|         | <u>Leg Extension</u>          | 2            | 2            | 6-8  |      | 10  | ~2-3 min | <u>DB Step-Up</u>            | <u>Goblet Squat</u>          | Focus on squeezing your quads to make the weight move.                              |
|         | <u>Seated Calf Raise</u>      | 2            | 3            | 4-6  |      | 10  | ~2-3 min | <u>Standing Calf Raise</u>   | <u>Leg Press Toe Press</u>   | Press all the way up to your toes, stretch your calves at the bottom, don't bounce. |
|         | <u>Cable Crunch</u>           | 2            | 3            | 6-8  |      | 10  | ~2-3 min | <u>Plate-Weighted Crunch</u> | <u>Machine Crunch</u>        | Round your back as you crunch.  |

| WEEK 3  | EXERCISE                         | WARM-UP SETS | WORKING SETS | REPS | LOAD | RPE | REST     | SUBSTITUTION OPTION 1                  | SUBSTITUTION OPTION 2                 | NOTES  |
|---------|----------------------------------|--------------|--------------|------|------|-----|----------|--|---------------------------------------|--|
| PUSH #1 | Bench Press                      | 3-4          | 1            | 3-5  |      | 8-9 | ~3-5 min | <a href="#">DB Bench Press</a>         | <a href="#">Machine Chest Press</a>   | Set up a comfortable arch, quick pause on the chest and explode up on each rep.          |
|         | High-Incline Smith Machine Press | 2            | 2            | 4-6  |      | 10  | ~3-4 min | <a href="#">Incline DB Press</a>       | <a href="#">Incline Machine Press</a> | Set the bench at a 45-60 degree incline, touch the bar to your upper chest with control. |
|         | Egyptian Cable Lateral Raise     | 2            | 2            | 6-8  |      | 10  | ~2-3 min | <a href="#">DB Lateral Raise</a>       | <a href="#">Machine Lateral Raise</a> | Lean away from the cable. Focus on squeezing your delts.                                 |
|         | Overhead Cable Triceps Extension | 2            | 2            | 4-6  |      | 10  | ~2-3 min | <a href="#">DB Floor Skull Crusher</a> | <a href="#">DB French Press</a>       | Do both arms at once, resist the negative.   |
|         | Cable Triceps Kickback           | 1            | 2            | 6-8  |      | 10  | ~2-3 min | <a href="#">DB Triceps Kickback</a>    | <a href="#">Triceps Pressdown</a>     | Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).      |

| WEEK 3  | EXERCISE                         | WARM-UP SETS | WORKING SETS | REPS | LOAD | RPE | REST     | SUBSTITUTION OPTION 1       | SUBSTITUTION OPTION 2            | NOTES   |
|---------|----------------------------------|--------------|--------------|------|------|-----|----------|-----------------------------|----------------------------------|---|
| PULL #1 | <u>Neutral-Grip Lat Pulldown</u> | 3            | 3            | 4-6  |      | 10  | ~3-4 min | <u>Neutral-Grip Pull-Up</u> | <u>Machine Pulldown</u>          | Pull your elbows down against your sides.   |
|         | <u>Pendlay Row</u>               | 3            | 2            | 4-6  |      | 10  | ~3-4 min | <u>Meadows Row</u>          | <u>Single-Arm Row</u>            | Initiate the movement by squeezing your shoulder blades together, pull to your lower chest, avoid using momentum. |
|         | <u>Reverse Pec Deck</u>          | 2            | 2            | 6-8  |      | 10  | ~2-3 min | <u>Reverse Cable Flye</u>   | <u>Bent-Over Reverse DB Flye</u> | Swing the weight "out", not "back".   |
|         | <u>EZ-Bar Curl</u>               | 2            | 2            | 4-6  |      | 10  | ~2-3 min | <u>DB Curl</u>              | <u>Cable Curl</u>                | Arc the bar "out" not "up", focus on squeezing your biceps.   |
|         | <u>Hammer Cheat Curl</u>         | 1            | 1            | 4-6  |      | 10  | 0 min    | <u>Inverse Zottman Curl</u> | <u>DB Curl</u>                   | You can use slight momentum on the concentric, but control the eccentric with your elbows stationary.             |

MANDATORY 1-2 REST DAYS

| WEEK 3                         | EXERCISE                           | WARM-UP SETS | WORKING SETS | REPS | LOAD | RPE  | REST     | SUBSTITUTION OPTION 1         | SUBSTITUTION OPTION 2                 | NOTES  |
|--------------------------------|------------------------------------|--------------|--------------|------|------|------|----------|-------------------------------|---------------------------------------|--|
| FULL BODY #1                   | <u>Hack Squat</u>                  | 3-4          | 2            | 4-6  |      | 9-10 | ~3-5 min | <u>Machine Squat</u>          | <u>Bulgarian Split Squat</u>          | Allow your knees to come forward (past your toes), focus the tension on your quads.          |
|                                | <u>Seated DB Shoulder Press</u>    | 3            | 2            | 6-8  |      | 10   | ~3-4 min | <u>Machine Shoulder Press</u> | <u>Standing DB Arnold Press</u>       | Bring the dumbbells all the way down, keep your torso upright.                               |
|                                | <u>Close-Grip Seated Cable Row</u> | 3            | 2            | 4-6  |      | 10   | ~3-4 min | <u>T-Bar Row</u>              | <u>Incline Chest-Supported DB Row</u> | Focus on squeezing your shoulder blades together, drive your elbows down and back.           |
|                                | <u>Weighted Dip</u>                | 3            | 2            | 4-6  |      | 10   | ~3-4 min | <u>Machine Chest Press</u>    | <u>DB Bench Press</u>                 | Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip. |
|                                | <u>Seated Leg Curl</u>             | 2            | 2            | 4-6  |      | 10   | ~2-3 min | <u>Lying Leg Curl</u>         | <u>Nordic Ham Curl</u>                | Focus on squeezing your hamstrings to move the weight.                                       |
|                                | <u>Machine Lateral Raise</u>       | 2            | 2            | 6-8  |      | 10   | ~2-3 min | <u>DB Lateral Raise</u>       | <u>Cable Lateral Raise</u>            | Focus on squeezing your lateral delt to move the weight.                                     |
| <b>MANDATORY 1-2 REST DAYS</b> |                                    |              |              |      |      |      |          |                               |                                       |  |

| WEEK 4  | EXERCISE                      | WARM-UP SETS | WORKING SETS | REPS | LOAD | RPE | REST     | SUBSTITUTION OPTION 1        | SUBSTITUTION OPTION 2        | NOTES   |
|---------|-------------------------------|--------------|--------------|------|------|-----|----------|------------------------------|------------------------------|---|
| LEGS #1 | <u>Squat or Machine Squat</u> | 3-4          | 1            | 3-5  |      | 8-9 | ~3-5 min | <u>Machine Squat</u>         | <u>Bulgarian Split Squat</u> | Sit back and down, keep your upper back tight to the bar.                           |
|         | <u>Barbell RDL</u>            | 3            | 2            | 4-6  |      | 10  | ~3-4 min | <u>DB RDL</u>                | <u>45° Hyperextension</u>    | Maintain a neutral lower back, set your hips back, don't allow your spine to round. |
|         | <u>Leg Extension</u>          | 2            | 2            | 6-8  |      | 10  | ~2-3 min | <u>DB Step-Up</u>            | <u>Goblet Squat</u>          | Focus on squeezing your quads to make the weight move.                              |
|         | <u>Seated Calf Raise</u>      | 2            | 3            | 4-6  |      | 10  | ~2-3 min | <u>Standing Calf Raise</u>   | <u>Leg Press Toe Press</u>   | Press all the way up to your toes, stretch your calves at the bottom, don't bounce. |
|         | <u>Cable Crunch</u>           | 2            | 3            | 6-8  |      | 10  | ~2-3 min | <u>Plate-Weighted Crunch</u> | <u>Machine Crunch</u>        | Round your back as you crunch.  |

| WEEK 4  | EXERCISE                         | WARM-UP SETS | WORKING SETS | REPS | LOAD | RPE | REST     | SUBSTITUTION OPTION 1                  | SUBSTITUTION OPTION 2                 | NOTES  |
|---------|----------------------------------|--------------|--------------|------|------|-----|----------|--|---------------------------------------|--|
| PUSH #1 | Bench Press                      | 3-4          | 1            | 3-5  |      | 8-9 | ~3-5 min | <a href="#">DB Bench Press</a>         | <a href="#">Machine Chest Press</a>   | Set up a comfortable arch, quick pause on the chest and explode up on each rep.          |
|         | High-Incline Smith Machine Press | 2            | 2            | 4-6  |      | 10  | ~3-4 min | <a href="#">Incline DB Press</a>       | <a href="#">Incline Machine Press</a> | Set the bench at a 45-60 degree incline, touch the bar to your upper chest with control. |
|         | Egyptian Cable Lateral Raise     | 2            | 2            | 6-8  |      | 10  | ~2-3 min | <a href="#">DB Lateral Raise</a>       | <a href="#">Machine Lateral Raise</a> | Lean away from the cable. Focus on squeezing your delts.                                 |
|         | Overhead Cable Triceps Extension | 2            | 2            | 4-6  |      | 10  | ~2-3 min | <a href="#">DB Floor Skull Crusher</a> | <a href="#">DB French Press</a>       | Do both arms at once, resist the negative.   |
|         | Cable Triceps Kickback           | 1            | 2            | 6-8  |      | 10  | ~2-3 min | <a href="#">DB Triceps Kickback</a>    | <a href="#">Triceps Pressdown</a>     | Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).      |

| WEEK 4  | EXERCISE                         | WARM-UP SETS | WORKING SETS | REPS | LOAD | RPE | REST     | SUBSTITUTION OPTION 1       | SUBSTITUTION OPTION 2            | NOTES   |
|---------|----------------------------------|--------------|--------------|------|------|-----|----------|-----------------------------|----------------------------------|---|
| PULL #1 | <u>Neutral-Grip Lat Pulldown</u> | 3            | 3            | 4-6  |      | 10  | ~3-4 min | <u>Neutral-Grip Pull-Up</u> | <u>Machine Pulldown</u>          | Pull your elbows down against your sides.   |
|         | <u>Pendlay Row</u>               | 3            | 2            | 4-6  |      | 10  | ~3-4 min | <u>Meadows Row</u>          | <u>Single-Arm Row</u>            | Initiate the movement by squeezing your shoulder blades together, pull to your lower chest, avoid using momentum. |
|         | <u>Reverse Pec Deck</u>          | 2            | 2            | 6-8  |      | 10  | ~2-3 min | <u>Reverse Cable Flye</u>   | <u>Bent-Over Reverse DB Flye</u> | Swing the weight "out", not "back".   |
|         | <u>EZ-Bar Curl</u>               | 2            | 2            | 4-6  |      | 10  | ~2-3 min | <u>DB Curl</u>              | <u>Cable Curl</u>                | Arc the bar "out" not "up", focus on squeezing your biceps.   |
|         | <u>Hammer Cheat Curl</u>         | 1            | 1            | 4-6  |      | 10  | 0 min    | <u>Inverse Zottman Curl</u> | <u>DB Curl</u>                   | You can use slight momentum on the concentric, but control the eccentric with your elbows stationary.             |

MANDATORY 1-2 REST DAYS

| WEEK 4       | EXERCISE                           | WARM-UP SETS | WORKING SETS | REPS | LOAD | RPE | REST     | SUBSTITUTION OPTION 1         | SUBSTITUTION OPTION 2                 | NOTES  |
|--------------|------------------------------------|--------------|--------------|------|------|-----|----------|-------------------------------|---------------------------------------|--|
| FULL BODY #1 | <u>Deadlift</u>                    | 3-4          | 2            | 4-6  |      | 8-9 | ~3-5 min | <u>Trap Bar Deadlift</u>      | <u>Barbell Hip Thrust</u>             | Can pull sumo or conventional, go with whatever variation you are stronger with.             |
|              | <u>Seated DB Shoulder Press</u>    | 3            | 2            | 6-8  |      | 10  | ~3-4 min | <u>Machine Shoulder Press</u> | <u>Standing DB Arnold Press</u>       | Bring the dumbbells all the way down, keep your torso upright.                               |
|              | <u>Close-Grip Seated Cable Row</u> | 3            | 2            | 4-6  |      | 10  | ~3-4 min | <u>T-Bar Row</u>              | <u>Incline Chest-Supported DB Row</u> | Focus on squeezing your shoulder blades together, drive your elbows down and back.           |
|              | <u>Weighted Dip</u>                | 3            | 2            | 4-6  |      | 10  | ~3-4 min | <u>Machine Chest Press</u>    | <u>DB Bench Press</u>                 | Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip. |
|              | <u>Seated Leg Curl</u>             | 2            | 2            | 4-6  |      | 10  | ~2-3 min | <u>Lying Leg Curl</u>         | <u>Nordic Ham Curl</u>                | Focus on squeezing your hamstrings to move the weight.                                       |
|              | <u>Machine Lateral Raise</u>       | 2            | 2            | 6-8  |      | 10  | ~2-3 min | <u>DB Lateral Raise</u>       | <u>Cable Lateral Raise</u>            | Focus on squeezing your lateral delt to move the weight.                                     |

MANDATORY 1-2 REST DAYS

# **PHASE 3**

## **SUPERCOMPENSATION**

### **(HIGH VOLUME, MODERATE INTENSITY)**

| WEEK 1  | EXERCISE                                   | WARM-UP SETS | WORKING SETS | REPS | LOAD | RPE | REST     | SUBSTITUTION OPTION 1     | SUBSTITUTION OPTION 2      | NOTES  |
|---------|--|--------------|--------------|------|------|-----|----------|---------------------------|----------------------------|--|
| LEGS #1 | <u>Front Squat</u>                         | 2-3          | 3            | 15   |      | 7-8 | ~2-3 min | <u>High-Bar Box Squat</u> | <u>Goblet Squat</u>        | These will be challenging, let's push! Don't go so heavy that you miss reps. Be humble with your weight and focus on keeping your torso upright. |
|         | <u>Dumbbell RDL</u>                        | 1            | 3            | 20   |      | 9   | ~2-3 min | <u>Barbell RDL</u>        | <u>45° Hyperextension</u>  | Emphasize the stretch in your hamstrings, prevent your lower back from rounding.   |
|         | <u>Walking Lunge</u>                       | 1            | 3            | 10   |      | 9   | ~2-3 min | <u>DB Step-Up</u>         | <u>Goblet Squat</u>        | Take medium strides, minimize the amount you push off your rear leg.   |
|         | <u>SLOW Seated Leg Curl (3 up, 3 down)</u> | 1            | 3            | 8    |      | 10  | ~1-2 min | <u>Lying Leg Curl</u>     | <u>Nordic Ham Curl</u>     | Lift with a slow tempo. The positive should take 3 seconds and the negative should take 3 seconds.   |
|         | <u>Leg Press Toe Press</u>                 | 1            | 3            | 20   |      | 10  | ~1-2 min | <u>Seated Calf Raise</u>  | <u>Standing Calf Raise</u> | Press all the way up to your toes, stretch your calves at the bottom, don't bounce.  |
|         | <u>LLPT Plank</u>                          | 0            | 3            | 20   |      | 10  | ~1-2 min | <u>Ab Wheel Rollout</u>   | <u>Plank</u>               | Contract your glutes and position your elbows under your eyes to make the plank more difficult.  |

| WEEK 1  | EXERCISE   | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE | REST     | SUBSTITUTION OPTION 1                       | SUBSTITUTION OPTION 2                         | NOTES   |
|---------|--|--------------|--------------|----------|------|-----|----------|---|---|---|
| PUSH #1 | <u>Low Incline DB Press</u>                          | 2            | 3            | 20       |      | 9   | ~2-3 min | <u>Low Incline Machine Press</u>            | <u>Low Incline Smith Machine Press</u>        | 15° bench angle, tuck your elbows on the negative, flare as you press.  |
|         | <u>Machine Shoulder Press</u>                        | 2            | 3            | 15       |      | 9   | ~2-3 min | <u>DB Shoulder Press</u>                    | <u>Standing DB Arnold Press</u>               | Don't stop in between reps, keep smooth and controlled tension on the deltoids.   |
|         | <u>Cable Crossover Ladder</u>                        | 1            | 3            | 20       |      | 10  | ~1-2 min | <u>Flat-To-Incline DB Flye</u>              | <u>Pec Deck</u>                               | Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position. |
|         | <u>A1: Lean-In Constant Tension DB Lateral Raise</u> | 1            | 3            | 15       |      | 10  | 0 min    | <u>Constant-Tension Cable Lateral Raise</u> | <u>Constant-Tension Machine Lateral Raise</u> | Lean into a bench and do lateral raises. Keep tension - don't rest your arm against your side at the bottom.              |
|         | <u>A2: Side Delt Static STRETCH (30s)</u>            | 0            | 3            | 30s HOLD |      | N/A | 0 min    | N/A   | N/A   | Hold a side delt stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.                            |
|         | <u>Overhead Triceps Extension</u>                    | 1            | 3            | 20       |      | 10  | ~1-2 min | <u>DB Floor Skull Crusher</u>               | <u>DB French Press</u>                        | Do both arms at once, resist the negative.  |
|         | <u>Med-Ball Close Grip Pushup</u>                    | 0            | 1            | AMRAP    |      | 10  | 0 min    | <u>Close-Grip Push Up</u>                   | <u>Kneeling Modified Push Up</u>              | Place your hands on a medicine ball and do smooth, controlled pushups.  |

| WEEK 1  | EXERCISE                                | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE | REST     | SUBSTITUTION OPTION 1     | SUBSTITUTION OPTION 2                 | NOTES  |
|---------|---|--------------|--------------|----------|------|-----|----------|---------------------------|---------------------------------------|--|
| PULL #1 | <u>1-Arm Half Kneeling Lat Pulldown</u> | 1            | 2            | 20       |      | 9   | ~1-2 min | <u>1-Arm Lat Pull-In</u>  | <u>Cable Lat Pullover</u>             | Keep chest tall, keep elbow tucked in close to your torso, focus on squeezing your lat to move the weight. |
|         | <u>Omni-Grip Lat Pulldown</u>           | 1            | 3            | 20       |      | 9   | ~2-3 min | <u>Omni-Grip Pull-Up</u>  | <u>Chin-Up</u>                        | One set wide grip (overhand), 1 set middle grip (overhand), 1 set close grip (underhand).                  |
|         | <u>Machine Low Row</u>                  | 2            | 4            | 20       |      | 9   | ~2-3 min | <u>Helms Row</u>          | <u>Incline Chest-Supported DB Row</u> | Focus on squeezing your shoulder blades together on each rep.  |
|         | <u>Cable Shrug-In</u>                   | 1            | 3            | 20       |      | 10  | ~1-2 min | <u>DB Shrug</u>           | <u>Plate Shrug</u>                    | Set up two cable handles low and shrug up and in. Squeeze your upper traps to move the weight.             |
|         | <u>Reverse Pec Deck</u>                 | 1            | 3            | 20       |      | 10  | ~1-2 min | <u>Reverse Cable Flye</u> | <u>Bent-Over Reverse DB Flye</u>      | Swing the weight "out", not "back".  |
|         | <u>EZ-Bar Curl (Heavy)</u>              | 2            | 1            | 4-6      |      | 9   | ~1-2 min | <u>DB Curl</u>            | <u>Cable Curl</u>                     | Arc the bar "out" not "up", focus on squeezing your biceps.  |
|         | <u>A1: EZ-Bar Modified Bicep 21's</u>   | 0            | 2            | 21       |      | 10  | 0 min    | <u>DB Curl 21's</u>       | <u>Cable Curl 21's</u>                | 7 reps seated, 7 reps standing full ROM, 7 reps bottom-half curls.   |
|         | <u>A2: Bicep Static STRETCH (30s)</u>   | 0            | 2            | 30s HOLD |      | N/A | 0 min    | N/A                       | N/A                                   | Hold a bicep stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.                 |

MANDATORY 1-2 REST DAYS

| WEEK 1       | EXERCISE                              | WARM-UP SETS | WORKING SETS | REPS  | LOAD                   | RPE | REST     | SUBSTITUTION OPTION 1           | SUBSTITUTION OPTION 2         | NOTES   |
|--------------|---------------------------------------|--------------|--------------|-------|------------------------|-----|----------|---------------------------------|-------------------------------|---|
| FULL BODY #1 | <u>Deadlift</u>                       | 3-4          | 2            | 8     |                        | 9   | ~3-4 min | <u>Trap Bar Deadlift</u>        | <u>Barbell Hip Thrust</u>     | Brace your lats, chest tall, pull the slack out of the bar before lifting.  |
|              | <u>Bench Press (Top Set)</u>          | 3-4          | 1            | 2-4   |                        | 8-9 | ~3-4 min | <u>DB Bench Press</u>           | <u>Machine Chest Press</u>    | Set up a comfortable arch, quick pause on the chest and explode up on each rep.   |
|              | <u>Bench Press (Back Off AMRAP)</u>   | 0            | 1            | AMRAP | ~60% of AMRAP set load | 10  | ~3-4 min | <u>DB Bench Press</u>           | <u>Machine Chest Press</u>    | Use ~60% of the weight you used on your top set and do it for as many reps as possible. You should be in the range of 10-20+ reps on this set! Use a spotter and safety bars. |
|              | <u>Pull-Up</u>                        | 2            | 6            | 3     |                        | 7-8 | ~15 sec  | <u>Lat Pulldown</u>             | <u>Machine Pulldown</u>       | 6 cluster sets: 3 reps, rest 15s, repeat 6x. Keep form smooth and controlled.   |
|              | <u>Leg Press</u>                      | 2-3          | 2            | 20    |                        | 9   | ~2-3 min | <u>Goblet Squat</u>             | <u>Walking Lunge</u>          | Medium width feet placement on the platform, don't allow your lower back to round.  |
|              | <u>Wide-Grip Cable Row</u>            | 2            | 10           | 3     |                        | 7-8 | ~15 sec  | <u>Wide-Grip Machine Row</u>    | <u>Wide-Grip T-Bar Row</u>    | 10 cluster sets: 3 reps, rest 15s, repeat 10x. Keep form tight.   |
|              | <u>Standing Dumbbell Arnold Press</u> | 2            | 3            | 15    |                        | 9   | ~2-3 min | <u>Seated DB Shoulder Press</u> | <u>Machine Shoulder Press</u> | Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.  |

MANDATORY 1-2 REST DAYS

| WEEK 2  | EXERCISE                                   | WARM-UP SETS | WORKING SETS | REPS | LOAD | RPE | REST     | SUBSTITUTION OPTION 1     | SUBSTITUTION OPTION 2      | NOTES  |
|---------|--|--------------|--------------|------|------|-----|----------|---------------------------|----------------------------|--|
| LEGS #1 | <u>Front Squat</u>                         | 2-3          | 3            | 15   |      | 7-8 | ~2-3 min | <u>High-Bar Box Squat</u> | <u>Goblet Squat</u>        | These will be challenging, let's push! Don't go so heavy that you miss reps. Be humble with your weight and focus on keeping your torso upright. |
|         | <u>Dumbbell RDL</u>                        | 1            | 3            | 20   |      | 9   | ~2-3 min | <u>Barbell RDL</u>        | <u>45° Hyperextension</u>  | Emphasize the stretch in your hamstrings, prevent your lower back from rounding.   |
|         | <u>Walking Lunge</u>                       | 1            | 3            | 10   |      | 9   | ~2-3 min | <u>DB Step-Up</u>         | <u>Goblet Squat</u>        | Take medium strides, minimize the amount you push off your rear leg.   |
|         | <u>SLOW Seated Leg Curl (3 up, 3 down)</u> | 1            | 3            | 8    |      | 10  | ~1-2 min | <u>Lying Leg Curl</u>     | <u>Nordic Ham Curl</u>     | Lift with a slow tempo. The positive should take 3 seconds and the negative should take 3 seconds.   |
|         | <u>Leg Press Toe Press</u>                 | 1            | 3            | 20   |      | 10  | ~1-2 min | <u>Seated Calf Raise</u>  | <u>Standing Calf Raise</u> | Press all the way up to your toes, stretch your calves at the bottom, don't bounce.  |
|         | <u>LLPT Plank</u>                          | 0            | 3            | 20   |      | 10  | ~1-2 min | <u>Ab Wheel Rollout</u>   | <u>Plank</u>               | Contract your glutes and position your elbows under your eyes to make the plank more difficult.  |

| WEEK 2  | EXERCISE   | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE | REST     | SUBSTITUTION OPTION 1                       | SUBSTITUTION OPTION 2                         | NOTES   |
|---------|--|--------------|--------------|----------|------|-----|----------|---|---|---|
| PUSH #1 | <u>Low Incline DB Press</u>                          | 2            | 3            | 20       |      | 9   | ~2-3 min | <u>Low Incline Machine Press</u>            | <u>Low Incline Smith Machine Press</u>        | 15° bench angle, tuck your elbows on the negative, flare as you press.  |
|         | <u>Machine Shoulder Press</u>                        | 2            | 3            | 15       |      | 9   | ~2-3 min | <u>DB Shoulder Press</u>                    | <u>Standing DB Arnold Press</u>               | Don't stop in between reps, keep smooth and controlled tension on the deltoids.   |
|         | <u>Cable Crossover Ladder</u>                        | 1            | 3            | 20       |      | 10  | ~1-2 min | <u>Flat-To-Incline DB Flye</u>              | <u>Pec Deck</u>                               | Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position. |
|         | <u>A1: Lean-In Constant Tension DB Lateral Raise</u> | 1            | 3            | 15       |      | 10  | 0 min    | <u>Constant-Tension Cable Lateral Raise</u> | <u>Constant-Tension Machine Lateral Raise</u> | Lean into a bench and do lateral raises. Keep tension - don't rest your arm against your side at the bottom.              |
|         | <u>A2: Side Delt Static STRETCH (30s)</u>            | 0            | 3            | 30s HOLD |      | N/A | 0 min    | N/A   | N/A   | Hold a side delt stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.                            |
|         | <u>Overhead Triceps Extension</u>                    | 1            | 3            | 20       |      | 10  | ~1-2 min | <u>DB Floor Skull Crusher</u>               | <u>DB French Press</u>                        | Do both arms at once, resist the negative.  |
|         | <u>Med-Ball Close Grip Pushup</u>                    | 0            | 1            | AMRAP    |      | 10  | 0 min    | <u>Close-Grip Push Up</u>                   | <u>Kneeling Modified Push Up</u>              | Place your hands on a medicine ball and do smooth, controlled pushups.  |

| WEEK 2  | EXERCISE                                | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE | REST     | SUBSTITUTION OPTION 1     | SUBSTITUTION OPTION 2                 | NOTES  |
|---------|---|--------------|--------------|----------|------|-----|----------|---------------------------|---------------------------------------|--|
| PULL #1 | <u>1-Arm Half Kneeling Lat Pulldown</u> | 1            | 2            | 20       |      | 9   | ~1-2 min | <u>1-Arm Lat Pull-In</u>  | <u>Cable Lat Pullover</u>             | Keep chest tall, keep elbow tucked in close to your torso, focus on squeezing your lat to move the weight. |
|         | <u>Omni-Grip Lat Pulldown</u>           | 1            | 3            | 20       |      | 9   | ~2-3 min | <u>Omni-Grip Pull-Up</u>  | <u>Chin-Up</u>                        | One set wide grip (overhand), 1 set middle grip (overhand), 1 set close grip (underhand).                  |
|         | <u>Machine Low Row</u>                  | 2            | 4            | 20       |      | 9   | ~2-3 min | <u>Helms Row</u>          | <u>Incline Chest-Supported DB Row</u> | Focus on squeezing your shoulder blades together on each rep.  |
|         | <u>Cable Shrug-In</u>                   | 1            | 3            | 20       |      | 10  | ~1-2 min | <u>DB Shrug</u>           | <u>Plate Shrug</u>                    | Set up two cable handles low and shrug up and in. Squeeze your upper traps to move the weight.             |
|         | <u>Reverse Pec Deck</u>                 | 1            | 3            | 20       |      | 10  | ~1-2 min | <u>Reverse Cable Flye</u> | <u>Bent-Over Reverse DB Flye</u>      | Swing the weight "out", not "back".  |
|         | <u>EZ-Bar Curl (Heavy)</u>              | 2            | 1            | 4-6      |      | 9   | ~1-2 min | <u>DB Curl</u>            | <u>Cable Curl</u>                     | Arc the bar "out" not "up", focus on squeezing your biceps.  |
|         | <u>A1: EZ-Bar Modified Bicep 21's</u>   | 0            | 2            | 21       |      | 10  | 0 min    | <u>DB Curl 21's</u>       | <u>Cable Curl 21's</u>                | 7 reps seated, 7 reps standing full ROM, 7 reps bottom-half curls.   |
|         | <u>A2: Bicep Static STRETCH (30s)</u>   | 0            | 2            | 30s HOLD |      | N/A | 0 min    | N/A                       | N/A                                   | Hold a bicep stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.                 |

MANDATORY 1-2 REST DAYS

| WEEK 2       | EXERCISE                              | WARM-UP SETS | WORKING SETS | REPS  | LOAD                   | RPE | REST     | SUBSTITUTION OPTION 1           | SUBSTITUTION OPTION 2         | NOTES   |
|--------------|---------------------------------------|--------------|--------------|-------|------------------------|-----|----------|---------------------------------|-------------------------------|---|
| FULL BODY #1 | <u>Deadlift</u>                       | 3-4          | 2            | 8     |                        | 9   | ~3-4 min | <u>Trap Bar Deadlift</u>        | <u>Barbell Hip Thrust</u>     | Brace your lats, chest tall, pull the slack out of the bar before lifting.  |
|              | <u>Bench Press (Top Set)</u>          | 3-4          | 1            | 2-4   |                        | 8-9 | ~3-4 min | <u>DB Bench Press</u>           | <u>Machine Chest Press</u>    | Set up a comfortable arch, quick pause on the chest and explode up on each rep.   |
|              | <u>Bench Press (Back Off AMRAP)</u>   | 0            | 1            | AMRAP | ~60% of AMRAP set load | 10  | ~3-4 min | <u>DB Bench Press</u>           | <u>Machine Chest Press</u>    | Use ~60% of the weight you used on your top set and do it for as many reps as possible. You should be in the range of 10-20+ reps on this set! Use a spotter and safety bars. |
|              | <u>Pull-Up</u>                        | 2            | 6            | 3     |                        | 7-8 | ~15 sec  | <u>Lat Pulldown</u>             | <u>Machine Pulldown</u>       | 6 cluster sets: 3 reps, rest 15s, repeat 6x. Keep form smooth and controlled.   |
|              | <u>Leg Press</u>                      | 2-3          | 2            | 20    |                        | 9   | ~2-3 min | <u>Goblet Squat</u>             | <u>Walking Lunge</u>          | Medium width feet placement on the platform, don't allow your lower back to round.  |
|              | <u>Wide-Grip Cable Row</u>            | 2            | 10           | 3     |                        | 7-8 | ~15 sec  | <u>Wide-Grip Machine Row</u>    | <u>Wide-Grip T-Bar Row</u>    | 10 cluster sets: 3 reps, rest 15s, repeat 10x. Keep form tight.   |
|              | <u>Standing Dumbbell Arnold Press</u> | 2            | 3            | 15    |                        | 9   | ~2-3 min | <u>Seated DB Shoulder Press</u> | <u>Machine Shoulder Press</u> | Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.  |

MANDATORY 1-2 REST DAYS

FULL DELOAD WEEK: AVOID FAILURE AND TRAIN LIGHTER THIS WEEK BEFORE RUNNING BACK THROUGH WEEK 1 OF THE PROGRAM OR ONTO A NEW PROGRAM.

| WEEK 3  | EXERCISE                                   | WARM-UP SETS | WORKING SETS | REPS | LOAD | RPE | REST     | SUBSTITUTION OPTION 1     | SUBSTITUTION OPTION 2      | NOTES  |
|---------|--|--------------|--------------|------|------|-----|----------|---------------------------|----------------------------|--|
| LEGS #1 | <u>Front Squat</u>                         | 2-3          | 2            | 10   |      | 6   | ~2-3 min | <u>High-Bar Box Squat</u> | <u>Goblet Squat</u>        | Stay light, keep your torso upright  |
|         | <u>Dumbbell RDL</u>                        | 1            | 2            | 12   |      | 6   | ~2-3 min | <u>Barbell RDL</u>        | <u>45° Hyperextension</u>  | Emphasize the stretch in your hamstrings, prevent your lower back from rounding.                   |
|         | <u>Walking Lunge</u>                       | 1            | 2            | 8    |      | 6   | ~2-3 min | <u>DB Step-Up</u>         | <u>Goblet Squat</u>        | Take medium strides, minimize the amount you push off your rear leg.                               |
|         | <u>SLOW Seated Leg Curl (3 up, 3 down)</u> | 1            | 2            | 8    |      | 7   | ~1-2 min | <u>Lying Leg Curl</u>     | <u>Nordic Ham Curl</u>     | Lift with a slow tempo. The positive should take 3 seconds and the negative should take 3 seconds. |
|         | <u>Leg Press Toe Press</u>                 | 1            | 2            | 12   |      | 7   | ~1-2 min | <u>Seated Calf Raise</u>  | <u>Standing Calf Raise</u> | Press all the way up to your toes, stretch your calves at the bottom, don't bounce.                |
|         | <u>LLPT Plank</u>                          | 0            | 1            | 30s  |      | 7   | ~1-2 min | <u>Ab Wheel Rollout</u>   | <u>Plank</u>               | Contract your glutes and position your elbows under your eyes to make the plank more difficult.    |

| WEEK 3  | EXERCISE   | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE | REST     | SUBSTITUTION OPTION 1                       | SUBSTITUTION OPTION 2                         | NOTES   |
|---------|--|--------------|--------------|----------|------|-----|----------|---|---|---|
| PUSH #1 | <u>Low Incline DB Press</u>                          | 2            | 2            | 12       |      | 6   | ~2-3 min | <u>Low Incline Machine Press</u>            | <u>Low Incline Smith Machine Press</u>        | 15° bench angle, tuck your elbows on the negative, flare as you press.  |
|         | <u>Machine Shoulder Press</u>                        | 2            | 2            | 12       |      | 6   | ~2-3 min | <u>DB Shoulder Press</u>                    | <u>Standing DB Arnold Press</u>               | Don't stop in between reps, keep smooth and controlled tension on the deltoids.   |
|         | <u>Cable Crossover Ladder</u>                        | 1            | 2            | 15       |      | 7   | ~1-2 min | <u>Flat-To-Incline DB Flye</u>              | <u>Pec Deck</u>                               | Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position. |
|         | <u>A1: Lean-In Constant Tension DB Lateral Raise</u> | 1            | 2            | 12       |      | 7   | 0 min    | <u>Constant-Tension Cable Lateral Raise</u> | <u>Constant-Tension Machine Lateral Raise</u> | Lean into a bench and do lateral raises. Keep tension - don't rest your arm against your side at the bottom.              |
|         | <u>A2: Side Delt Static STRETCH (30s)</u>            | 0            | 2            | 30s HOLD |      | N/A | 0 min    | N/A   | N/A   | Hold a side delt stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.                            |
|         | <u>Overhead Triceps Extension</u>                    | 1            | 2            | 15       |      | 7   | ~1-2 min | <u>DB Floor Skull Crusher</u>               | <u>DB French Press</u>                        | Do both arms at once, resist the negative.  |
|         | <u>Med-Ball Close Grip Pushup</u>                    | 0            | 1            | AMRAP    |      | 7   | 0 min    | <u>Close-Grip Push Up</u>                   | <u>Kneeling Modified Push Up</u>              | Place your hands on a medicine ball and do smooth, controlled pushups.  |

| WEEK 3  | EXERCISE                                | WARM-UP SETS | WORKING SETS | REPS     | LOAD | RPE | REST     | SUBSTITUTION OPTION 1     | SUBSTITUTION OPTION 2                 | NOTES  |
|---------|---|--------------|--------------|----------|------|-----|----------|---------------------------|---------------------------------------|--|
| PULL #1 | <u>1-Arm Half Kneeling Lat Pulldown</u> | 1            | 2            | 12       |      | 6   | ~1-2 min | <u>1-Arm Lat Pull-In</u>  | <u>Cable Lat Pullover</u>             | Keep chest tall, keep elbow tucked in close to your torso, focus on squeezing your lat to move the weight. |
|         | <u>Omni-Grip Lat Pulldown</u>           | 1            | 3            | 12       |      | 6   | ~2-3 min | <u>Omni-Grip Pull-Up</u>  | <u>Chin-Up</u>                        | One set wide grip (overhand), 1 set middle grip (overhand), 1 set close grip (underhand).                  |
|         | <u>Machine Low Row</u>                  | 2            | 2            | 12       |      | 6   | ~2-3 min | <u>Helms Row</u>          | <u>Incline Chest-Supported DB Row</u> | Focus on squeezing your shoulder blades together on each rep.  |
|         | <u>Cable Shrug-In</u>                   | 1            | 2            | 12       |      | 7   | ~1-2 min | <u>DB Shrug</u>           | <u>Plate Shrug</u>                    | Set up two cable handles low and shrug up and in. Squeeze your upper traps to move the weight.             |
|         | <u>Reverse Pec Deck</u>                 | 1            | 2            | 12       |      | 7   | ~1-2 min | <u>Reverse Cable Flye</u> | <u>Bent-Over Reverse DB Flye</u>      | Swing the weight "out", not "back".  |
|         | <u>EZ-Bar Curl (Heavy)</u>              | 2            | 1            | 4-6      |      | 7   | ~1-2 min | <u>DB Curl</u>            | <u>Cable Curl</u>                     | Arc the bar "out" not "up", focus on squeezing your biceps.  |
|         | <u>A1: EZ-Bar Modified Bicep 21's</u>   | 0            | 1            | 21       |      | 7   | 0 min    | <u>DB Curl 21's</u>       | <u>Cable Curl 21's</u>                | 7 reps seated, 7 reps standing full ROM, 7 reps bottom-half curls.   |
|         | <u>A2: Bicep Static STRETCH (30s)</u>   | 0            | 1            | 30s HOLD |      | N/A | 0 min    | N/A                       | N/A                                   | Hold a bicep stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.                 |

MANDATORY 1-2 REST DAYS

| WEEK 3                  | EXERCISE                       | WARM-UP SETS | WORKING SETS | REPS | LOAD | RPE | REST     | SUBSTITUTION OPTION 1                    | SUBSTITUTION OPTION 2                  | NOTES  |
|-------------------------|--------------------------------|--------------|--------------|------|------|-----|----------|--|--|--|
| FULL BODY #1            | Deadlift                       | 3-4          | 1            | 8    |      | 6   | ~3-4 min | <a href="#">Trap Bar Deadlift</a>        | <a href="#">Barbell Hip Thrust</a>     | Brace your lats, chest tall, pull the slack out of the bar before lifting.   |
|                         | Bench Press                    | 3-4          | 1            | 2-4  |      | 6   | ~3-4 min | <a href="#">DB Bench Press</a>           | <a href="#">Machine Chest Press</a>    | Set up a comfortable arch, quick pause on the chest and explode up on each rep.  |
|                         | Pull-Up                        | 2            | 4            | 3    |      | 6   | ~15 sec  | <a href="#">Lat Pulldown</a>             | <a href="#">Machine Pulldown</a>       | 6 cluster sets: 3 reps, rest 15s, repeat 6x. Keep form smooth and controlled.  |
|                         | Leg Press                      | 2-3          | 1            | 12   |      | 6   | ~2-3 min | <a href="#">Goblet Squat</a>             | <a href="#">Walking Lunge</a>          | Medium width feet placement on the platform, don't allow your lower back to round.   |
|                         | Wide-Grip Cable Row            | 2            | 6            | 3    |      | 6   | ~15 sec  | <a href="#">Wide-Grip Machine Row</a>    | <a href="#">Wide-Grip T-Bar Row</a>    | 10 cluster sets: 3 reps, rest 15s, repeat 10x. Keep form tight.  |
|                         | Standing Dumbbell Arnold Press | 2            | 2            | 12   |      | 6   | ~2-3 min | <a href="#">Seated DB Shoulder Press</a> | <a href="#">Machine Shoulder Press</a> | Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press. |
| MANDATORY 1-2 REST DAYS |                                |              |              |      |      |     |          |  |  |  |